BULWARKE
OF
DEFENCE.

W.
BULLEIN.

1579





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The Blocke on Title Page is taken from
one newly Cut Plantin for the title of Labels.
nova Stirpium aduersariorum / Antwerp 1576
but not precisely the Same 1581

Eccle. 38.
Altissimus creauit de terra medicinam, & vir prudens non abhorrebit illam.

BBVLLEINS

BVLLEINS

Bulwarke of Defence against all Sickneſſe, Soareneſſe, and VVoundes that doe dayly assaulte mankinde: Which *Bulwarke* is kept with *Hilarius* the Gardener, & *Health* the Phisicion, with the *Chirurgian*, to helpe the Wounded Souldiours. Gathered and practised from the most worthy learned, both olde and new: to the great comfort of Mankinde: by *VVilliam Bullein*, Doctor of Phisicke. 1562.

IMPRINTED

At London by Thomas Marshe, dwellinge in Fleetestreate neare vnto Saincte Dunstanes Chur Dunstans

1579.

N NS

Cicero. 1. Offic.
Eos quorũ vita perspecta est in rebus honestis, & benè de Rep. sentientes obseruare & colere solemus.



COMME IE TREVVE

TO THE RIGHT HONO-
rable Lord Henry Cary Baron of
Hunſdon, and Knight of the moſt noble
order of the Garter: *William Bulleyn* wiſheth
all health, and perfect felici-
ty in Chryſte.



Mankynde, whych is called of the Phyloſopher, *Microcoſmos, Orbiculus*, or a little World, hauing in it ſelfe, eyther Myſery, Felicity, or a Meane: although it bee of the moſt beautifull Forme, and fayreſt Shape, excelling all other lyuing Creatures vpon Earth: And alſo is rightly indued with goodly giftes of Nature, in whoſe Braine is fired the Jewell called Reaſon, the Mother of Arte, and Science, by whom bee wrought, & Inuented marueylous thynges, whereby our eternall GOD is perceyued in vs his Creatures, more abundantly, than in the hygh Lyghtes mooueable, and fixed in the Fyrmament of Heauen: whoſe naturall influences bee knowen vnto Mankynde. Euen ſo bee the vertues of euery Creature heere in Earth: as Beaſte, Foule, Fyſhe, Serpent, Trees, Plantes, Fruictes, Flower, Hearbe, Graſſe, Gumme, Stone, and Metall. There is nothing ſo ſecret hidden, wythin the Myneralls of the Earth, or lurking ſo lowe vnder the Floudes of the Sea: but by meanes, and pollicy, they are brought to vſe. Theyr Names, Qualities, and Natures are knowen vnto the witty Heade of Mankynde: to thys ende, to help Mankynde in the tyme of hys bodily infirmity. Theſe hath GOD ordayned by his Diuine prouidence, that euery Creature ſenſible, and inſenſible, ſhould ſerue hys beſt Creature, Mankynde. To thys ende, that he ſhould ſerue GOD in righteouſnes, & holyneſſe, al the daies of hys lyfe, for theſe hys Gyftes. And the Philoſopher ſayth, *in libro de Cælo, & Mundo: Deus, & Natura nihil fruſtra agunt*: GOD, and Nature doth nothyng in vayne, but are euer working, and doing: he the prynciſpall cauſe, and they hys effect. Yet for all theſe ſyngular Vertues, gieuen to Man: through the continuaunce of tyme, Calamities of thys World, Woundes in the Body, corruption of the Ayre, aboundaunce of Humours. &c. the ſame Mankynde doth decay, dye, and returne vnto the Duſt, and become as though hee had neuer bin: although hee bee neuer ſo honorable, yea or poore, death doth make equality betwene them. Euery mans courſe is appoynted, they cannot prolong theyr tyme: notwythſtanding, GOD hath ordayned ſundry Meanes, by hys Miniſters, to help Mankynde in the tyme of Sycknelle, to eaſe theyr paynes, and heale theyr Woundes. And I being a Chylde of the Common wealth, am bounde vnto my Mother, that is, the Lande in whych I am borne: to pleaſure it, wyth any

Luke. 1

Job. 14.

28069



The Epistle Dedicatopie.

O gyst, that it hath pleased GOD to bestow vpon mee: not to thys e, to instruct the learned, but to helpe the ignorant: that they may re- ort to thys little *Bulwarcke*, whych I doe Dedicate vnto your honorable Lordship. Where they shall not onely be defended in the same, from sicke- nesse, and Woundes: but also being wounded, through cruell Assaulters of thys *Bulwarke*, or Sicke, heere eftsoones they shall haue at hand, all ma- ner of *Cordials*, and wholesome Salues. Whereby they shalbe the abler, to keepe thys Holde agaynst all bodyly euils: whych I doe call Soare- nesse, and Sicknesse: for whose sakes, I haue builded this little Fort cal- ling it my *Bulwarke*. Not being able to builde any bigger worke of defence agaynst Sickenesse, or euill Dyet: as that Man of worthy memory, Sr. Thomas Eliot Knyght dyd, when he builded hys *Castle of Health*, a Booke very profitable. Would GOD, that all Men of worshyp in theyr calling, were lykewyse disposed to theyr Countrey, as hee was, and many moe, whose names I doe commend vnto the Reader, wythin thys little *Bul- warke*. And although there wyll bee many peraduenture, both malicious, spightfull, and cankred of Mynde, that both wyth slaunder and disdayne, will lay theyr Battry, agaynst thys Fort: I shall be able euer to repulse them, through your Lordshippes good ayde. For I haue builded it very lowe, wanting neyther the strength of Ordynaunce, prouysion of Victu- alles, nor the Pollycie of most worthy Captaynes, & good Souldeours: as *Hippocrates*, *Galen*, *Dioscorides*. *&c.* Nowe finally, I shall most humbly desyre your good Lordshyp, to take thys simple Booke, as an Argument of my good Zeale and Loue, that I bare vnto you, for your good- nesse towarde mee. For if I were otherwyse able, to gratify your Honor, according to my bounden Duety: I would not leaue it vndone, as knoweth GOD, who euer geue your Lordship continuaunce of Honour, and prosperous Health. From London. In Marche.

1562.

Your Lordshippes euer to commaunde:

VVilliam Bulleyn.

TO THE FRENDly Reader, VVillyam Bulleyn sendeth Salutacion.

FOr as mutch good Reader, as foure yeares last past, I promysed (in a Booke of myne, called the *Gouernment of health*, whych I dedicated to a Knyghte of great worshyp in the North, called Syr Thomas, the Baron of Hilton) to set forth an other Booke of healthfull Medicines: Euen so, by the space of one yeare next after the same, I trauayled to performe my Promyse made, & so finished my Copy: whych Copy dyd perishe in Shipwracke, & so my Labour was lost. And not only my Labour, but also my Lyfe, by sundry malicious and deuilishe Inuentions, by, and through one William Hilton: in nature, Brother to the foresayd Baron of Hilton, but in Condicions, nothing lyke at all: for hee wanted hys gentlenesse, & good nature. Now, after that God had deliuered me from the great perill of thys Man, that is to say: conspiring of my giltles death, & hurtlesse lyfe, towards him and hys: Eftsoones this man attempted an other new displeasure agaynst me for debt: colouring hys Malice by a pretence of lawe. By which Action, finally I was imprysoned, me thought a long tyme (for there are but fewe Ghestes, that haue pleasure in sutch Innes.) And being thus in Prylon, me thought I had not onely conuenient tyme, but also a quiet Conscience, to trauel, in renuing my late Booke, or lost Copy, whych in deede, I am not able to finyshe, being preuented wyth so many Troubles, and Lets of my sayd Enemy, whose doings at large, I commit to sylence, least I should seeme to wryte, a Story or Tragedy, or els a description of hys folly, in the place of Phisicke: no lesse also can I: but declare some cause of my let, and why my Booke came not forth ere thys tyme, accordingly as I promysed. But blame mee not, good Reader, although I put hym in my Booke, whych would haue put mee from thys Lyfe. And thys Booke, whych I haue done, Gentle Reader, take it in good part, I pray you, for that is my desyre.

Fyrst, I haue made you a Booke of Simples, as Herbes, Fruictes. &c. For I had no small pleasure in the natures of them, being mooued of the Heathen men, so to do: whose names do, & euer shal remayne, among sutch as read of Simples. *Galen* cõmendeth vnto vs, ỹ loue & cunning ỹ *Orpheus*, *Museus*, *Hesiodus*, *Homerus*, & *Rufus Ephesius* had in Herbs. Who can forget *Lysimachus*, a worthy noble Capitayn to Alexander? who, whẽ he was wouñded very deepe, found an herb which healed him, & called ỹ same herb, by his owne name: *Artemisia* a noble Queene, called Mugwort, after hir owne name. *Helena* found fyrst ỹ vertue of *Enulacampana*. *Gentian* was named by *Gentias* king of *Illyria*: with many mo noble Men & Womẽ, which delited

in the Flowers, & Fruictes of the grouñd whose nãmes for ỹ most part you shall fynde in the Simples. I cannot forget *Attalus*, the kyng of the lesse *Asia*, and *Euax* a kyng of *Arabie*, who wroate good Bookes to *Nero* the Emperour: wyth many good Workes of Compoundes. Among all, *Dioscorides* a noble Knyght of *Ægypt*, whych serued *Antonius*, & *Cleopatra*, lyke a worthy Souldiour in the Fielde: and excelled all other in the Noble knowledge of Herbes. &c. Let vs not forget, the passing Wysedome of *Salomon*, who had knowledge most excellent in naturall Phylosophy, aswell as Morall: and taught the Queene of *Saba* all the vertues of herbs. How worthy were *Archelaus* kyng of *Cappadocia*, & *Agamemnon* Prince of the *Argiues*, whych were noble kynges, yet were they Heathen, sauing *Salomon*. Whose chiefe delightes, were not in *Bacchus* Bankets, or *Venus* Games: but spent theyr tyme pleasauntly, in the sweete Fieldes amonge Fruictes, Flowers, & Spices of delight. Would GOD in such Vertues, the Chrystians were theyr Equalles. When you haue read the Simples following, then approacheth the *Chirurgian* Plaster, and Salue prepared ready, to make whole the wounded Man holpen by *Hippocrates*, *Galen*, and *Auicen* to finishe hys cunning cure. Then cõmeth the Apothecarie *Nicholaus*, wyth ryche *Cordials*, *Pilles*, *Electuaries*, and Purgations of eche kynde, wyth hys mayster the Physician, who doth dispense euery Medicine in Tyme, Place, Quantity, and good order, to hys Pacient wyth good Diet, trauell, sleepe: and finally, ỹ perturbacions of the Mynde. At whych place good Reader, I should haue declared of other Iudgements, as Pulse, Urine, and the proper Cures of euery Feuer, afflicting the Body: whych hereafter, by Gods grace, I shall bryng to passe, if tyme wyll suffer mee to lyue. And vntill such tyme, most gentle Reader, take this in good part, from the hands of him, who thinketh it well bestowed vpon thee, if curteously thou doe receyue the same agayne. Thus fare thou hartily well. Thyne euer to hys small power.

* *
*

VVilliam Bulleyn.

THE AVTHOVRS, CAP-
taynes, and Souldiours of this
Bulwarke.

Moyses.
Dauid.
Solomon.
Esdras.
IESVS Christus.
Lucas Euangel.
Paulus Apost.
Hippocrates.
Galenus.
Lysimachus rex Maced.
Auicen.
Dioscorides.
Auerrhois.
Rasis.
Ruellius.
Isaac.
Theophrastus.
Fulgentius.
Mesue.
Paulus AEgineta.
Arnoldus de noua Comen.
Pandect.
Leonardus Fuchsius.
Conradus Gesnerus.
Petrus Andræas Matthiolus.
Leonellus Fauentinus.
Iulianus Moristica.
Nicolaus Prep.
Nicolaus Myrepsi.
Ioh. Placatomus.
Ioh. Tagaultius.
Iacobus Hollerius.
Marianus.
Plato de Legibus.
Xenophon.
Pompeius Mela.
A. Gellius.
Strabo.
C. Plinius Secundus.
Persius.
Textor. offic.
Ouid.
Virgil.

XLIII. in number.

Thomas Newton to the Freendly *Reader.*

THE proofe doth shewe, so doth Experience teach
That handcraftsmen (when Sūne is gone to glade)
If slender light theyr wearie Eyes empeach,
Or hinder them, in that theyr toyling trade,
(For that theyr sight is dimme with darknesse made)
Of custome vse to couet open Eyre,
And bring theyr woorke into more lightsome layre.

The Hynde of Man in Bodies Pryson kept
Is pressed downe, and fettred lyes full fast:
All rest, all ease, all Ioy is from it swept,
Vnlesse it bee reuiu'de wyth souereygne tast
Of sacred Loze, or worthy Woorkes forepast:
By which one meane, it bayles it selfe from Greues,
And (mauger Spight) with comfort great suruiues.

This woorke thus pend by Bulleins busie brayne,
With trauayle, toyle, expence, and mickle charge
(Which proones & shewes how glad he was & fayne
To help ech sorte, and set his Hinde at large:
As one (saunce feare) by help of Pallas Targe)
Hee frankly heere vnto the learned Crew
Bequeathes and giues with frendly eye to vew.

It was at first but roughly hewen out
Himselfe that tyme in Prison fast detayned,
No maruaile thē, though scapes & faults did sprout,
Syth hee the while from liberty was wayned:
Yet his goodwill, his skill, and loue vnfayned
Hee kept not backe, but offred it to all,
In hope thereby to pleasure great and small.

If God on hygh had lent him longer dayes
Hee would the same haue reperus'd agayne
And brought in frame, as mountayne Beare assayes
Wyth licking Tōgue, hir whelpes in shape to traine:
But gone hee is, with Chryst aboue to raygne:
Hee playnly spake, hee playnely wrate also,
His Lyfe, and Speache did both together goe.

His pleasaunt Pen, his mery Hinde, and Wit
Did most men please, yea all of iudgment sound:
Tride truth hee tolde, and nayle on head hee hit:
Examples stoare in all his Bookes are found,
Whose sappe and fruict doth to ech sexe redound.
Blinde Empiricke, ne Doggeleach could he brooke,
No cosening Mate, no popishe Clawbackes looke.

In lieu of paynes thus taken for thy sake,
Afoorde him thankes, and good report withall:
Of Elues his so mayste thou some awake,
As prest as hee, t'assist thee in thy thral.
Few faultes (I trust) and they but very small
Are left behinde: God graunt to thee, and mee
(Good Reader) grace our faultes, & sinnes to flee.

1579.

Thomas Newtonus,
Cestreshyrius.

Ad adyta virtuti aditus.

Ann Atkins

Ann Atkins

SIMPLES.

Marcellus.

FIrst of al, my frende Hilarius, bicause I haue no small grieke in my breast, I shall desire you, to shewe me the nature of an herbe called *Asaron*, which I trust will help me by the way of vomit. Azarabaccha or Wilde Nardus.

Hilarius.

Linius remembring this herbe lib. xj. cap. xiij. and lib. 21. cap. 6. among al other flowers or herbes (saith he) it is vtterly refused, & not worthy to bee preferred among pleasaunt Garlands, or sweete Nosegaies, bicause of the baseneſſe, and bitterneſſe of his nature. In forme saith he, it is not vnlike vnto Iue leaues: notwithstanding it is rounder, softer, and broder: it is mutch like vnto *Vngula*, called Foales foote. Dioscorides with whom none hath euer bene comparable hetherunto, for the excellent inuention, and knowledge of herbes, lib. 1. cap. ix. sayth that the leaues bee of the forsayd forme. And is so hote, that it doth vehemently bite the tongue, but in vertue it prouoketh vrine, helpeth the dropsie, and painfull ache of the huckle bone called *Sciatica*. Six dragines of the rootes of *Asaron*, sodden in sweete water, the same water drunken will draw forth the termes in women. Galen lib. 6. simpli. medi. speaking of the rootes of *Asaron* saith, they be like to *Acorus*, but ỹ is marueilous it should so be: for *Acorus* will not prouoke strong vomites, as *Asaron* will. Therefore Dioscorides hath sayd the truth, and Mesue sayth, that *Asaron* hath the vertue of *Elleborus*, to purge both vp & downe, Choler, and fleume, which *Acorus* cannot do so: it is hot, and dry in the thirde degree. In Latin it is called *Vulgago*, it prouoketh vrine, cleanseth the matrix, helpeth the liuer from all griefe, Raynes, Stomack, Belly, and Splene. &c. In the laude thereof, hauing these vertues as I haue sayd from Dioscorides, and Mesue, Marcus Æmilius affirmeth the same, saying:

Azarabaccha is broader in Italy, then heere in Englande.

Asaron prouoketh termes, & helpeth Sciatica.

Asaron doth help the Liuer and Stomache.

Asaron in Greke, Vulgago in Latin, hoate, & dry in the iij. degree, prouoketh Vrine, and purgeth termes menstruall & taketh away the paynes of the Liuer.

Est Asaron Græcè, vulgago dicta Latinè,
Hæc calidæ & siccæ virtutis dicitur esse,
Tertius est illi gradus, vt dicunt in vtroq;.
Prouocat vrinam, potatáq; menstrua purgat,
Hocq; modo iecoris medicatur sumpta dolori:

Here haue three notable learned men, declared the vertue of *Asaron*. Furthermore, if the iuyce of fiue leaues, bee strayned with a pinte of Whaie, specially of Goates milke, and dronke in the morning: This Drinke in Sommer, will cast forth yellowe Choller, and vnnaturall Fleume. For in Sommer vomets ought to be taken, to cleanse the vpper partes, as the lower mẽbers be purged, by electuaries in Winter. Furthermore, xxx. greene leaues steeped in newe Wine all the night, and strained in the morning, drinke this against all the aboundaunce of humours in the Breast, or precordial partes, in this maner. Powre this wyne into a close pot, with a peece of fat Porke, and seeth the same: then let the Pacient eate of the Porke, and then drinke

30. Leaues doe serue in infusion, but other waies three, fower, or fiue do suffice.

the wyne, or els the wine may be dronke after the Potke, simply diluted or steeped all the night with the leaues, and neuer to be sodden wyth ỹ Potke. This will helpe the Jaundice, and if it be dronke of any body, which hath a Tercian beinge first digested: and specially not on the sicke day, it will cleane deliuer from the sayd Tercian: in the beginninges of *Hydropsies, Timpanics, Quotidians*, greene Sickneſſe, Quartaynes, Wormes, and swellinge in the Stomack, there is no better reamedy, than to dronke this, as in the maner aforesayde: For a weake frantike Brayne, comming of an extreme colde, when Melancholy is placed in the mãsion of reason, through whych, the principall Senses be obscured and darkened: shaue the Moulde of the heade, and washe the same with wyne, wherein *Calamintes, Rosemary, Lignum Aloes*, and *Asaron* haue bin sodden, and then anoynt the heade wyth the oyles of Maces, Mintes, and Asaron warme, purgyng the heade wyth Pilles of *Hiera simplex*, and abstayning from sutch meates, as wyll ingender Melancholy, or make exhalation, or Smoake vp into the Brayne. The iuyce of *Asaron* tempered wyth *Nill*, called Misseltow, and strayned wyth a little Rosewater, will cleanse the darke sight of the Eyen, and make theym cleare. And thus I ende of herbe *Asaron*, which hath vertue agaynst Choller: would God it had the like effect, to clense Disdayne, rankor, & malice, so that grace, that most precious herbe, might bee replanted agayne in eche mans breast, which the Deuill hath supplanted through pryde.

Asaron good agaynst Dropsie, Feuers, and frensie.

The Arabians call that Nill wbych wee name Viscum or Misseltowe Lib, primo Paradox. Cap. xxvj.

Marcellus.

What is Asplenon, called Scolopendrion, or Citrache, and Hemionitis, leaued like Dragons, and Phyllitis, called Hartes tongue, good for?

Hilarius.

TO this herbe *Asplenon*, no herbe may be compared, for his singular vertue, to helpe the sickneſſe, or griefe of the Splene, the place of Melancholy. It is called *Scolopendrion*, of a speckled worme wyth many feete. Thys herbe is a small Ferne, growing among stones, neyther hauing stalke, flower, or seede: the leaues bee yellowe by neath, and greene aboue. There is an other herbe of the same vertue, for the splene called *Hemionitis*, whose leaues be mutch like Dragons, with many smal rootes: these sayd herbes dye not, & bee hoate in the first, and dry in the second degree. Goodly Sirupes are made of theym for the Splene: they be very good in decoction for ỹ same: if one do dronke of this herbe sodden in Vineger, by the space of. 40. dayes, it hath vertue to consume ỹ splene: this herbe hath vertue to help the Jaundice, stone, strãgury, hicket, or winde, and Capper barkes, *Tamarice* rootes, *Scolopendrion*, & *Scilla* sodden by art together, will help the Splene. There is an herb called *Phyllitis*, or Hartes tongue, growing in darke places, which is partly of the nature of the sayde herbes, which hath singular vertue, both for man and beast, to be dronke agaynst poyson, and bloudy fixes, or flowing of termes immoderat in Women. But many now a dayes, haue sutch passions of the Splene Cancred with melancholy, corrupted with disdayne, and with golden wordes, louinge onely from the Splene, and not from the Heart, that they geue eche other the curtesy of the tongue, without the consent of the

Asplenon good for the Splene.

Hemionitis leaued like Dragons.

Dioſco. lib. 5. Capi. 134.

Galen. lib. 5. Sim. medica. Capi. xij.

The splenetiche loue.

hearte

heart: and thus I conclude of heartlesse Tongue, and Hartes tongue, the one of comfort, the other of decay. Lingua fallax non amat veritatem, & os lubricum operatur ruinas. Prouerb. 27. d.

Marcellus.

What is the vertue of Wormewodde? that bitter herbe called Absynthium?

Hilarius.

Absinthium is a common herbe: it is of diuers kinds, as Ponticum, and Romanum. &c. It is hoate in the first and dry in the seconde, and it is very bitter, and being dryed, kepeth clothes from wormes and mothes, and the Sirupes thereof eaten before wine, preserueth Men from dronkēnesse: if it bee sodden in Vyneger, it will helpe the sores that breedes in the Eares: beeinge layde warme vppon it: it is to bee drunke agaynst swellinge of the Stomacke. And Ophthalmia whych is a Sycknesse of the Eyes, is greatly helped wyth Wormewodde, if it bee stamped and made luke warme wyth Rosewater, and put into a cleane Walnut shell: the Syrupe healeth the blouddy Flure bounde to the Belly: it doth helpe a colde Stomacke, if it bee drunke. x. dayes, euery morninge two spoonefull of the syrupe: it is also good agaynst the Dropsy. And thus sayth Auicen, Fygges, Cockle. Wormewood, and Niter stamped together, and made in a Playster, is good agaynst the dysease of the Splene, and also killeth Wormes in the Belly, vsed in the foresayd maner: one dragme of the Pouder may bee drunke at once in Wyne: it hath many goodly vertues, as the Wyne thereof beinge drunke, agaynst Dropsyes, coldnes of the Stomacke, Wynde, Swellinges: if a handefull bee sodden in. viij. pounde of cleane Water or Wyne, in a vessell of Syluer, Glasse, or Stone, putting in sweete Calamus, Cynamon, the flowers of Cassia, Squinance, Spikenarde, and Dates of eche, ℥. iiij. beaten all together and sodden, as is foresayd: or els these thinges put in a vessell of new Wyne wyth a linnen bagge, and so kept close. ij. monethes, and afterwarde dronke of them that haue eyther the yellow Jaundice, paynes in the Raynes, lothesomnesse of the Stomacke, stopping of termes, swelling after meate, continuance of Vomites, colde passions of the heart. &c. this vertue hath Wormewood Wyne sayeth Dioscorides, libro quin. Cap. 40. Furthermore gather a. l'i. of Wormewood leaues, and stampe them in a Morter of stone, and then put vnto the same. l'i. iiij. of the best whyte Sugar, and so beate them together vntill they be come to one substance, keepe this in a close Pot or Glasse. And this is the vertue thereof, sayth that well learned Man Matthiolus, it helpeth the Dropsy, if the Pacient eate euery day of thys halfe an ounce. iij. houres before meate. and with this I haue knowen many holpen, saith hee, and as for the vertue of the syrupe of Wormewoode, it shall come in his place accordingly.

Wormewood

Soze eares.

Foz the Eyes

Blouddy flux

Colde Stomaches.

Dropsies.

Auicen. lib. 2. Simp. 2.

Foz ỹ splene.

Wormewood hath many vertues.

A goodly medicen foz Hydropsie.

Marcellus.

What is the vertue of Anisseede?

Hilarius.

It is much lyke vnto Fenell seede, and is called Romayne Fenell, it is warme and sweete, and hoate in the second, and dry in the third degree:

Galen de simp. Openeth the Raynes.

the newe Seedes be best, it engendreth vitall Seede, it openeth the stoppyng of the Raynes and Matrix, beynge dronke wyth Ptisanes or cleane temperate Wyne: thys herbe or seede is comfortable in sweete compounded medicines or in pouder for shortnes of breath, & sorenesse of the lunges: and also is good to be sodden in Ptisanes, made of Barly, to be dronke in the Feuer Quotidiane bred of Flegme: it ingendreth Milke in the breasts dronke wyth sweete Wyne or Mylke: it prouoketh vrine, maketh sweete breath, and is good agaynst the Collike or wynde of ỹ great Guttes, being dronke wyth good whyte Wyne and Sugar, and also stoppeth the whites whych runneth oftentymes from the bodies of women: the pouder thereof, wyth the pouders of Fenell, Gallingale, Spicknarde, Tamarix, Nutmegges, and Graynes of Paradice, called Cardamomum, tempered with wheate flower, water and red Wyne, and so baked in manchets or cakes, is most holsome to be eaten of them which haue the running of the Raines, wasting of Nature, moyst Dropsyes, or of them in whom the humour of flegme doth greatly abounde, through humidity, wynde, or colde, and thys was proued to helpe a Lady whych was sicke of a Timpany, and was syr Thomas the Baron Hiltons wyfe, wythin the Byshoppryke of Duresme, whych vsed thys Breade during one halfe yeare, and also once a moneth was purged with holsome Electuaries accordingly, and bloud letting: and thus I conclude of Anisseede the best whereof commeth from Egypt.

Tamarix.

Good remedy for the rūninge of the Raynes.

Marcellus.

What is the vertue of Mouse eare, whych is lyke the eare of a Mouse, and full of hayre, in forme mutch lyke the eare of a Mouse?

Hilarius.

AN herbe commonly knowen, colde and moyst in the fyrst degree as Galen sayth, a decoction of this herbe sodden in water wyth sugar, is good agaynst the Falling sickneſſe, being oftentimes dronke and a leafe thereof put into the Nose, it wyll prouoke sternutation or neesing, whych wonderfully doeth cleanse the baynes: and sodden in whyte Wyne, Ptisane or Borage water, wyth Sugar candy, thys is good agaynst paynes in the Throate, called Angina, and Dioscorides writeth but little of thys herbe. And Galen sayth, in the. vij. lib. of Simples, that it is dry in the second degree: and it groweth in May vppon Hylles, Meddowes, and Waysides, sayth Matthiolus vpon Dioscorides. Furthermore if it be stamped wyth Madder, and the great Plantein rootes, & an herbe called Sheperdes purse, and so sodden in red Wyne and strayned out, and so put into a little dronke warme, thys is also good agaynst the blouddy Flure, or a broken Vayne wythin the Body of one, whych hath fallen into some deepe place, and this was proued by a yonge man dwelling in Newcastel, which fel into a deepe Coale pit, whose outward woundes were healed by an auncient Practicioner called Michell a Frenchman, who also is cunninge to helpe his owne countrey disease, that now is to commonly knowen here in England (the more to be lamented) but yet dayly increased, where of I entende to speake of in the place of the Pore.

Falling sickneſſe.

Neesing.

Mouse eare helpeth the Throate.

Agaynst the blouddy flixe.

Michell the Thyrurgian of Newcastle

Marcel-

Marcellus.

What is the vertue of Garlyke?

Hilarius.

GArlyke is very hoat and dry in the fourth degree, it troubleth the Stomacke of Cholorike men, it is hurtfull to the Eyes, and Heade, it encreaseth dryneſſe, but it wyll prouoke Vryne, and is good to be laied vpon the byting of a Snake, or Adder, it is good for the Emeroydes, applyed to the sore place being fyrſt stampte: if it bee sodden, the stinke thereof is taken from it, but the vertue remayneth to be eaten agaynſt coughes and payne in the Lunges, it cutteth, and consumeth corrupt Fleume, and bryngeth sleape, it is not good for hoat Men, and Women with Chyldren, or Nurses geuing Mylke to Chyldren: but Galen calleth it the common Peoples Treacle. If Sanguyne Men eate mutch of it, it wyll make thē to haue redde Faces, but is a speciall remedy agaynſt Poyson, and a hoate Playster applyed to the biting of a mad Dogge, made of Garlyke, helpeth it: if it be dronke it killeth Wormes in the Belly. And Garlyke stamped wyth Maſtike, and put into the mouth, doth aswage the Dolour of the Teeth. Garlyke dryed or burnt into Pouder, and tempered with Hony and Beares Greaſe, is good to anoynt a baulde heade to recouer hayre: and all thys and more reporteth Dioſcorides, whych excelled in herbes. Plinius reporteth, if it be stamped and made in a Gargariſme, it healeth the Angina, it helpeth the Throate, wyth Oyle of Quinces and so warme applyed to the Belly it is good agaynſt the Collicke, and the blouddy Fluxe. Newe Ale, and Garlyke, killeth Wormes to be dronke: it is good to bee eaten agaynſt the Falling euill. And Garlike healeth Fiſtulaes tempered wyth Pitche, Brimſtone and Roſen, made hoate in a Tente.
These with ſutch lyke vertues do Plinius, Ætius, Galen, &c. reporte: but it is a groſſe kynde of Medycine, very vnpleaſaunt for fayre Ladyes, and tender Lylly Roſe colloured Damſelles, whych often tymes preferre ſweete breathes before gentle Wordes: but both would do very well.

Garlike.
Prouoketh vryne.
Byting of a Snake.
Hemeroydes.
Coughes.
Corrupt Fleume.
Agaynſt poyſon.
For Tothach
To increaſe hayre.
A medicine for the fiſtule.

Marcellus.

What is the vertue of Hony, the Fruictes of Bees labour, and their Sommers trauell?

Hilarius.

AVERHOIS ſayth, Hony is hoate and dry in the ſecond degree, and doth cleanſe very mutch, and is a medicinable meate, moſt chiefly for olde Men, and Women, for it doth warme them and conuerteth in theym to good bloud. It is not good for Chollericke perſons, becauſe of the heate and dryneſſe: they do greatly erre that ſay Hony is hoate, and moyſt, but if it bee claryfied from hys Ware, and droſſe, and kept in a cloſe veſſel, there is nothynge liquid vpon the earth that remayneth lenger. And thys

Auerhois. & Simeon Sethi.
Ill for chollerike perſons.

Hony is an heauenly dewe.

precious Jewel Hony hath bin euer more prayſed, for it will conſerue and keepe any fruit, herbe or roote, or any other thing that is put into it, an exceeding long tyme. Plinius wryteth of a Monſter which was long kept in Hony in Claudius dayes. Merueylous is the worke of God, Hony being an heauenly dewe that falleth vpon flowers and leaues as Auicen ſayth, and is neither Juyce of leaues nor fruicts, but only the heauenly dewe, where-

Auicen. Can. 2. cap. 504.

Bees be an example vnto vs, both for loue and worſkinge in the cõmõ wealth.

vnto the Bees in Sommer in due tyme do reſorte and gather the ſayd Hony, and lay it vp in ſtore, in theyr curious houſes builded, whereas they dwell together in moſt goodly order. O Bees, Bees, how mutch happier are you than many wretched men, which dwell neuer together in vnity and peace, but in continuall diſcorde, and vnquietnes, as Virgill ſayth: En

Virgill.

quo diſcordia ciues perduxit miſeros? Beholde whither diſcorde hath brought wretched Cityzens. But now to ſpeake of the moſt excellent vertues of

New Hony.

Hony, it is good in the meates of theym that be Fleumatike. Hony newly taken out of the Combes is partly laxatiue, & clarified Hony doth binde, &

Clarified Hony doth binde

dry vp Fleume, and kepe the bodies of Fleumatike and olde perſons from corruption. The beſt Hony is gathered in the Spryng tyme, the ſeconde in Sommer, but that which is gathered in Winter is ill, and hurtfull. One parte of Hony, and ſome parte of water ſodden together vntill the Froth be all ſcommed of, and when it is colde, kept in a cloſe ſtone Pot, this drinke

An healthfull drinke for Sommer.

(ſayth Galen) is holſome for Sommer, it clenſeth the Lunges, and preſerueth the body in health. Oximel ſimplex, and Compoſitum, be made with Hony, and ſo be many mo thynges, whych be of great vertue. Alſo the auc-

Pandect. cap. 347.

thour of the Pandect, ſayth ỹ Hony poured into a new wound ỹ eftſoones it clenſeth and maketh it whole. Hony mingled wyth a little Salte, and poured warme into the eare, killeth Wormes that breede there: The ſame alſo killeth Lyce, if Childrens heads be anoynted therewith. Rub young Chyldrens Gummes with cleane Hony euery day and it will eaſely cauſe their Teeth to grow. Hony mingled wyth Oyle of Roſes, and ſo drunke incontinently, wyll cauſe one to vomit whan he hath eaten any venemous thinge, as rotten Mouſhromes, called Fungi. &c. Alſo Gargariſmes and Sup-

Serpigo. Coſt. To cure Serpigo.

poſitories be made of Hony, the one doth cleanſe the Throate, and the other doth relaxe the Belly. There is an infection in the ſkynne, through the corruption of the Lyuer, whych is called Serpigo, oftentymes in the paulme of the hand, chiefly in the right hand, ſpecially in Chollerike perſons, whych is helped with Hony mingled with Coſte, and anoynted warme euery day

To cleanſe the Face.

twice. Alſo the diſtilled Water of Hony hath vertue to make cleane the ſkinne of them whoſe Faces be vncleane: but moſt chiefly if it be ſtilled wyth ſtronge Vineger, Wylke, and the Vrine of a Boy, and ſo wyth a Spunge waſhe the Face to bedward, and let it dry in of it ſelfe. The goodly Oyntment called Vnguentum Ægiptiacum, whych clenſeth all corrupt humoures, and wounds being rotten wythin, the chiefe thing in this Oyntment is Hony: it is marueylous that they whych vſe to eate Hony dayly, & dayly anoynt their Stomackes wyth Oyle of Wormewood, ſhould either dy ſodenly, or lyue paynefully, or be euell coloured in their Faces. The

Welchmens drynke.

people of Wales doe vſe to drynke Mede, and Metheglyne, and vnder

Hea-

Heauen there is no fayrer people of complexion, nor cleaner of nature. Anoynte the head being new shauen with Beares grease and Hony mingled together, and it preserueth the hayre from falling. Hony of Roses is a goodly Medicine, outwardly in woundes, and inwardly clenseth fleume, mundifieth the Stomacke, and openeth the mouth of the vaynes, and also is good to put in the Eyes to clense them. To encrease Hayre.

Marcellus.

I Did neuer here any thing so greatly commended as thou hast commended Hony: if it be true that thou hast spoken, there be but fewe thinges may be compared to it, for the excellent vertue of it.

Hilarius.

SE not in doubt of the truth thereof, for the best Authours haue taught me, and dayly experience mooueth mee, thus mutch to report of Hony: I ought to thinke no shame thereof. In asmutch as the God of Heauen, & Earth, maker of all Creatures, did giue hys people of Israel no greater blessing than a lande whych did flow with Mylke, and Hony. And often tymes amongest ỳ Blessinges of GOD, sweete Hony. is rehersed. The Prophet Dauid in the Psalmes, doth often name Hony, and the Hony Combe, makinge a comparison betweene it and the woorde of God. In some of the holy Sacrifices, Hony was brought in for an Offering, before the Lord GOD into hys holy Temple, the strong Nazareth of GOD Judge of Israell. That mighty Prynce Sampson, loued well Hony, as appeareth after he had slayne the Lyon, he did eate the Hony whych hee founde in hys Carcasse, so did hys Father, and his Mother eate of the same Hony. It was as a deuine Omen of the Wysedome and learning that afterward came vnto Plato, whē in his Cradel, Bees brought Hony vnto his Mouth. Who was greater among men then S. Jhon Baptist? what was his most foode? it was wylde Hony. How many pleasaunt verses hath Virgill wrytten vppon Bees and Hony? who euer did excell Plinius secundus, in the nature of Creatures, and as it playnly appeareth in hys. ix. booke, he declareth of a worthy man called Aristomachus, who so wonderfully loued Bees: and in the same booke, sayth he, the Bees haue many Kynges wyth small Coronets on their heades: about whom the great agmen or swarme doth cluster and fleeth into the fieldes, and commeth home in order, bringing their treasure wyth them: the elder Bees doe builde wythin the Hyues, hauing therein a Mystresse or Queene to set them to woorke, whych neuer goeth from home, but placeth euery thing in order: the younger do bring their Stuffe to the Hyue: none of them be idle, euery one of them hath a house to dwell in. vi. couered in fashion: they wil suffer no filthines to be amongst them, nor straungers to dwel within their Citty or cōmon wealth. They also punish them with stynginge, that hurt their Exodus. Psalmes. Iudic. 14. Plini, lib. 11. Cap. 9. Xenophon, in his booke of Houlholde. The propertye of a good huswyfe.

Princes,

Bees mayn tayneno strā-gers, for they bee not profi-table.

Prynces, and they haue foreknowledge of weather whē it is fayre & foule. Also they haue seuces of smelling, for if any of them be lost in the fielde, they follow their fellowes by the sweete ayre, they be scant perfit of hearyng, but yet as appeereth they heare, when they muster at the soundes of Basens: their greatest delight is in Tyme, and Balme, and therefore about Athens is the best Hony in the Worlde, as Plini sayth, and in the Iſlande called Calydna, and also in Meleta: would God, sayth he, that we had the Hony in the same nature that it falleth from the heauens. Yea rather would to God that Idle people would take Bees for an example to labour, and Subiectes to obey. &c. What shall I speake more of the properties of Bees, and of their good natures, prouidence and cunning? nothinge els Marce. lus, but these simple Verses following.

Plin lib. xj Cap. xij.

The kynge of Bees and his Army.

A Noble Prynce there is, whose wealth and worke excell,
More than all other earthly wightes, that in the world do dwell.
Saturnus blacke and colde, hath taught him for to fly,
The hory Frostes and Snowes so white, and darkneſſe of the Sky
Sagittarius, and Pysces, Lord Iupiter called by name,
Doth cūning geue vnto this Prynce, how he his house shuld frāe.
The red and flaming bloudy Mars, the Lord of warre and strife,
Doth teach this king his host to trayne, with sharp dartes al their life.
O happy Sol with golden beames, whose glory doth excell,
Thou arte the candell of this Worlde, and darkneſſe dost expell.
Thou makest glad thys little Kynge, in fieldd when hee doth ryde,
No Horse he hath, but wynges to fly, thou onely art hys guide,
When hee doth sounde his warlike tune, in Hyue where he doth dwell,
Hys Souldiers muster all on heapes, the Starres they do excell
In numbre infinite most fayre, cleare Ayre doth them infuse,
Dame Flora sweete doth them reioyce, but Boreas them misuse.
With grisly stormes and Hayle so harde, he breakes their tender bones,
No helmets haue, nor shieldes they beare, to keepe them from harde stones.
When Stormes be past and Venus come, the banisher of colde showers,
Wyth prety Hornes, and tender winges, they play among the flowers.
The Beane flowers make them glad, the Lilly makes them gay,
Their chiefe delight is Time, and Balme, most glad they are of May.
For Mercury doth gieue them myrth, when Twynnes hee doth embrace,
From rysing Sunne to Titans fall, labour is all their grace.
In flowred Fieldes and Motley meades, where white doth grow in greene,
The heauenly dewes, that nightly fall, is gathered vp of Beene.
Ioue doth rayne from virgiliæ thys precious heauenly gyfte,
Whom Bees doe knowe, and beare to Hyue, with Wynges foorth flying swyfte.
And then they make this goodly meate, Manna fallen from Heuen.
The signa. xij. wyth Bees do worke, so do the Planets seuen.

Marcellus.

Now haue you well declared what Hony is: is there also any vertue in the Combes, or Ware?

Hilarius.

Galen

GALEN sayth, in the. vj. booke of Simples, Ware is good for Plaisters, not only in dryng, but also in that per accidens, it moisteth, and is used for outward Medicines, but not for inwarde and Dioscorides reporteth that Ware doth mollify and warme ỹ body, and. x. graynes wayght dronken with the syrupe of Plãtein is good for the blouddy flure: it also dryeth the Wylke in Womens breastes: and to conclude, there be but few Emplaysters ỹ can be without the helpe of Ware. It hath also bin abused in Churches, Chaples, and Tẽples, offered by the ignorannt, before the blynde. Dioscorides libr. secundo Cap. lxxvij.

Marcellus.

I doe know Sage by name, because it doth grow in my Garden and is used in my Kitchen, but Chryste doth know, the vertue thereof is hidden from mee.

Hilarius.

THys noble herbe is called Elelisphacon, Saluia, or Sage, and as it should appeare by Theophrastus there be two kindes of Sage, the one of the Garden, whych is rough, long and broade leaued, whych sayth Matthiolus, I suppose to be the Female herbe: the other Sage whych is shorter, and narrower, wyth two smale eares in the beginning of ỹ leaues, whych the sayd Theophrastus calleth Sphaceló, whom Matthiolus clepeth the Male herbe, and of thys groweth great plenty in Italy in the toppes of Mountaynes, in the noble Countreys both of Apulia, and Calabria: so doth there almost in euery Garden in England. Thys herbe is hoat & dry, sayth Ætius, so sayth Galen, and some notable Practicioners do say, that perfume of Sage doth stoppe the immoderate Flure menstruall. Agrippa dyd call thys the holy herbe, because it was so good to Women, not only in expulsing euill matter from the Matrix, but also in retayning the vitall seede of Generation, whereby Conception is made perfect. If a Woman drinke the Juyce thereof wyth a little Salte, and Suger sodden together, foure dayes before, and after the vse with hir husbande, geuing the than the lyke quantity, before the time of procreation, wout doubt Conception followeth. is sayd, somtyme there was so great a pestilence in a Citty of Ægypt, that through the Poyson thereof few were left alyue: but when the Plague was ceased, the younge Women were compelled to drynke the Wyne, or Juyce of Sage, through whose vertue they were conceyued wyth Chyldren, hauinge the helpe of Man: that in the ende, the Citty was replenished agayne, and filled wyth people of theyr owne Generation. Sage, sayth Orpheus. ʒ. iiij. mingled wyth cleane clarified Hony, and eaten of an empty Stomacke, doth incontinently stop the bloud that commeth from the Breast, Stomacke, or Lunges, breakinge out of the Mouth wyth cruent Vomites. There is a Syckneſſe wythin the Body, called Tabes, whych is a great corruption of humoures, throughe foule Matter, and Bloude myngled togeather, whose beginnynge comes from the Heade through a continuall Rheume, and doth Apostumate, and wounde the Lunges; Sage. Lib. vj. Cap. ij. de Plan. Libr. iij. Dioscorides Lib. 6. Simpl. The Juyce of Sage helpeth Conception. To stoppe bloud rũning at ỹ mouth.

An excellent Pill agaynst Apostumatiō of ỳ Lunges, Rheume, or consumption, which helped Bullein the Auctiour of this Booke.

Lunges: through whose putrifaction by little, and little, all the Members of the body consume, through dryneſſe, leanneſſe, and a continuall coughe, with paynes in the Breast, and shortneſſe of the Wynde: the remedy there of sometime hath bin with Sage in this maner. Take Spicknard, Ginger, of ech. ʒ. ij. seede of Sage. ʒ. viij. dryed, beaten fyne in Pouder, wyth the foresayd Spyces, and. ʒ. xij. of longe Peper in lyke maner, and. ʒ. j. of olde Ale, and the Juyce of Sage, and so make your Pill in a cleane Morter, and take euery Morning fasting. ʒ. j. of thys, & asmuch at night drinkinge after it pure cleane Sage water: and this is the beſt Pill that euer I did knowe, and helped mee in a great ſickneſſe in Suffolke, where sometyme I dwelled. Thys herbe also prouoketh byne, clenseth phlegme, expulseth wynde, dryeth vp the Dropsy, helpeth the Paulsie, strengtheneth the Sinewes, and purgeth bloud: If it be sodden in running water, Roch Alum, and Woodbinde leaues, it killeth the Canker in the Mouth, and also quencheth the great heate and burninge, stynke, filthe, and matter that oftentimes commeth through corruption of nature, or merettrix maner, and doth chaunce into the Secret places of Men or Women, whych is helped thys way, puttinge in a little of the Pouder of Aristolochia rotunda: forasmuch as it dryeth, it is put into Pygges, whych be moſt moyſt of nature to dry vp their humidity or moysture wythall, whych els be euill for Flegmatike persons. The incomparable vertue of thys herbe is excellent, that the great learned Fathers of Salern, did wryte theſe wordes to the late famous Pryncе Kyng Henry the eyght, in the laude thereof saying. Cur moritur homo, cui saluia creſcit in horto? Inquiringe why mortal Men should dye, whych haue Sage in their Gardens? But because no herbe hath power to make Men immortall, they say furthermore, Contra vim mortis, non eſt medicamen in hortis. And thus I do conclude of thys vertuous herbe Sage. Whoſe Wyne beynge dayly drunke, is good agaynſt the fallinge ſyckneſſe. And the common Sage Ale, ryghtly brewed wyth Sage, Squinance, Spicknarde, Calamus, Fenell seedes, and Betony, is very holsome for the Flegmaticke, Dropsy, wynde Collike, and rawneſſe of the stomack with indigeſtion.

Auicen. 3. trac. cap, 1.

Marcellus.

What be the vertues of Onyons in their kyndes?

Hilarius.

To kill Canker and quēch Robin goodfellowes Fener.

Onions prouoketh sleepe.

Longe Onyons.

Greene ſickeneſſe.

To cleanſe ỳ Stomacke.

THey doe make thyn the Bloude, and bringe sleape, they be not good for Cholericke men. The longe Onyon is more behemente then the rounde, and the Redde more then the whyte, the Gray more then the Greene, and the rawe more then the sodden, or preserued in Salt, although they cause sleape very paynefull and troublous, & bee hoat in the thyrd degree, but they warme and cleanſe the Stomacke, bringe good Colour to the Face, and then they muſte bee good for the newe Greene Syckneſſe, and doe very well prouoke Byne, and beynge roasted, and warme applyed to the Paynefull harde Emeroydes, eſteſoones dooe

open

open them (if vineger warme be put to them) and being cleane pilled or taken from the ouer rinde and Skin, and cut of both the endes, and cast into water, remayning in it one howre, and sliced: these do take away the vehement sharpnesse, that else would hurt the Eyes, and Head, and beinge applied with Hony, Rue, and Salt, all incorporated together to the wound bitten of a Dogge, do heale it soone. Leekes purge the bloude in Marche, and payne the head, and be not greatly praysed, for their Juyce is euill, sayth Dioscorides. The heade beinge anoynted with the Juyce of them, keepeth hayre from fallinge, there is much variety of this Onion amonge Writers, sayth Plinius, but this shall suffice, for vs Englishmen. There be great plenty of good Onions that be brought from Flaunders, called sayncte Homars Onions. So there bee very many growing in Holland in Lyncolneshyre, and in the Towne of Duresme in the North countrey.

Onions doe heale the Esmeropes.

For byting of a Dogge.

Leekes.

Hayre from fallinge.

Where plenty of Onions do growe.

Marcellus.

What is the vertue of Fenell?

Hilarius.

IT hath power to warme in the thirde degree, and dry in the first, and maketh sweete the Breath: the Seede eaten oftentimes vppon an empty Stomacke, doth helpe the Eyesyght. The Rootes cleane washed bee very holsome in Potage, and good in Ptisants. The greene or red tufts, growinge vppon the Stalkes, sodden in Wyne, Potage, or Ale, helpe the Bladder, Raynes, and breake the stone, encreaseth Mylke in Womens Breastes, and Seede of Generation. It is good to vse Endyue, or such lyke wyth it, because it is very hoate, and it is very good to washe ones Feete to bedwarde. It is good in Barbars Bathes, and washinge Water, wyth Balme, and Bayes. The syrupe is very good and wholsome, it helpeth a Flegmatike Stomacke. And Fenell, Parsely, & Watercresses, of ech like quantity stamped together, pouring white Wyne to them, and the crummes of Barly breade, standinge all one night in a stone Morter, the nexte day being strayned, Clarifyed, and drunke, this will cleanse the Raynes from Grauell, Stone, and Choller, and cause one to make much water that hath the Strangury. It is good for fat Men to open the vessels, as Raynes, and Guttes. There bee two kyndes of Fenell, one *Marathrum*, whych is best: the other *Hippomarathrum* whych is Wylde, the Seede hath greater vertue then the roote.

Fœniculum.

Sweet breathes.

For the Eyesight.

To breake ye Stone.

Encreaseth Mylke.

To washe Feete.

In excellent medicine of Fenel, for the Raynes and Bladder.

For fat folkes.

Two kindes of Fenell.

Marcellus.

What is the vertue of Purslan?

Hilarius

COlde in the thirde, & moyst in the second degree. If it be stamped with steeped Barly, it maketh a good plaister to coole the Head, Eyes, & Lyuer, in Agues, and hoate inflamations. To eate of it, stoppeth flures, & quencheth burning Choller, extinguisheth venereous lust, & greatly helpeth ye Raynes,

Purslan is an herbe of singuler vertue to coole, or quenche Choller.

Raynes, and Bladder, and will kill rounde Wormes in the Belly: and comforteth the matrixe, against hoate choller, and termes abounding. And the iuyce is good to drinke in hoat Feuers: it may be preserued with Salt, and then it is very good with roasted meates. Plini saith, it is supposed to make the sight blunt and weake: Further he sayth that in Spayne, a great noble man, whom he did know, did hang this Purslane roote on a Thred, commonly about his neck, which was troubled of a *Vuula*, and was healed therewith.

An example of Purslan.

Marcellus.

What is the vertue of Dragons?

Hilarius.

Of Dragons which helpe against the Pestilence.

THe iuyce of Dragons, sayth Dioscorides, dropped into ỹ eyes, doth clense them, & causeth mutch brightnesse vnto the eyes of them, which haue dark sights. The water of this herbe, hath vertue against the pestilence, if it be drunk bloud warm with Venice Triacle, or *Mithridatum*. The sauour of thys herbe is hurtefull to women newly conceyued with Chylde. Plini sayth, that who so beareth this herbe vpon them, no venemous Serpent will doe them any harme. This herbe is hoate & dry, and being sodden in Wyne, it healeth a kibed heele, called *Pernio*. And this herbe being bruised, and applied with Plantein, healeth a newe wounde.

Marcellus.

What is the vertue of Filipendula?

Hilarius.

Filipendula hath rounde roots hanging vppon small fine thredes in the earth.

IT is called *Filipendula*, bicause it hath small round rootes, hanging vpon it with thredes in the ground, it is an herbe hoate & dry, in the third degree: if it bee sodden in white wyne, & drunk, it driueth vp windy places in the guttes, and clenseth the raines of the backe and bladder. And the pouder drunke in Wyne, is good against the falling euill, and helpeth the yellow Jaundice: the leaues and stalkes sodden in Wyne and drunke, clense the secondes.

Marcellus.

What is the vertue of Violettes?

Hilarius.

Violets bee great coolers and to cold for the heart.

SIMEON SETHI reporteth, that they do help against hoate inflammations of the Guttes, heade, and stomacke, if the cause be of burninge Choler: either the Water, Sirup, or Conserue of the said Violets, being eaten or drunke, after the digestion of any hoate passion: but vndoubtedly it offendeth the hart, bicause of ỹ great coldnes. The sauoure of the Flowers bee pleasaunt. The Oyle that is made of this herbe, hath vertue to reconcile quiete sleepe to theym, which haue greeuous hoate payne in the heade. Violet water, and cleane Sallet Oyle, of ech one vnce together drunke, clenseth rotten matter in the Stomacke, and Coughes, or payne in the Lunges.

Good for Coughes and shortwinde.

Mar-

Marcellus

What is the vertue of white Lillies, and water Lillies called Nimphea.

Hilarius.

DIoscorides saythe, that the Oyle of *Lillies* doeth mollifye the Sinewes, and the mouth of the matrix: ỹ Juice of *Lillies*, Vineger, and Hony, sodden in a Brasen vessell, doth make an ointment, to heale both new and old woundes: if the Rootes be rosted, and stamped with *Roses*, they make an healing plaster agaynst burning of fyre: the same roote Rosted, hath vertue to breake a pestilence sore, applied hot vnto the sore place, and is drye in the first degree. The oyle of Water *Lillies*, is moyste, souereigne agaynst all hote diseases to anoynt the ardent and hote places, and doth reconcile quiet sleepe, if the forehed be anoynted therewith it is holesome for mad men. The seede and roote sodden in wine, stoppeth the immoderate flure menstruall, and the bloudy Flixe, as Dioscorides and Galen say Libro viij Simplicium Medicamentorum.

Marcellus.

What is the vertue of Chickweede?

Hilarius.

ALmost euery ignorant woman doth know this herbe, but there be of diuers kindes of it, they be very good to kepe woundes frō apostumations, stamped, and applyed vnto them, and draw corruption out of woundes: and sodden with Vineger, do drawe fleume out of the heade if Chickweede be often warme, put into the mouthe, & spit out agayne, in the same maner it helpeth the teeth, and sodden in wyne, and so drunke, it wil clense the raynes of the back.

Anagallis or morsus Galline, called Chickweede.

Marcellus.

What is the vertue of Sorel, which in the North is called Sower Dockes.

Hilarius.



VEry one doth right wel know it, and al they that make greensauce, but the description, I leaue to Dioscorides, and Leonardus Fuchsius, not onely in this herbe, but in all other, and to tell the vertue I wil: it is cold and drye, in the seconde degree, it also stoppeth: it is like Endiue in property, because it ouercōmeth Choller, and is much commended. It helpeth the yellow Jaundice, if it be drunke with small wine or ale, and also quencheth burning feuers: to eate of the leaues euerye Morninge in a Pestilence time, is moste holsome, if they be eaten fasting. This herbe doth Dioscorides, Galen and Auicen greately commende, besydes the great learned men of this time.

Rumex, lapathus, or acedula is Sorel, and Sorell de bois.

Marcellus.

What is the vertue of Planten or VVaybrede?

Hilarius.

Plantago called arnoglossa.

THe greatter Planten is the better, it hath seauen great vaynes, it is cold and drye: the seedes drunke with red wine, or the rootes sodden therein, stoppe the bloudy flux, likewise the rootes and leaues being sodden with fayre water, or with Burrage water and Suger, and geuen to him ỹ hath an Ague, either Tertian or quarten, two howres before his fit, helpeth him. Proue this, for thus haue I helped manye, it is verye comfortable for children that haue greate fluxes and Agues, and is a frende vnto the Liuer. This herbe is greatly praysed of the learned writers. Water Planten rootes, leaues and buddes be holsome to be dronk agaynst the falling sickenes.

Marcellus.

What is the vertue of Camomill?

Hilarius.

THis herbe is very hotte, it is drunke agaynst cold windes, and matter beyng in the guttes, the Egiptians did suppose it would help all cold Agues, and did consecrate the same as Galen sayth: also if it bee tempered and strayned into white wyne, and drunke of women hauing the child dead within their bodyes, it wil cause present deliuerance: it doth mightely cleuse the bladder, and is excellent to be sodden in water to to wash the feete, the Oyle is precious, as is declared hereafter.

Marcellus.

what is the vertue of Hoppes?

Hilarius.

Lupuli Salictarius, be hoppes

THere be Hoppes which do coole, that be called Lupuli: those that we haue be hoate and dry, bitter, sower, hot, saith old Herballes, and Fuchsius sayth, they cleuse Fleume, and Choller, and the Water betweene the skinne and Flesh. The syrup wil cleuse grosse raw Fleume frō the guttes, and is good agaynst obstructions. If the Juice bee dropped in the Eare, it taketh away the stinke of Rotten Sores, the rootes wil helpe the Liuer, and Splene, beinge sodden and drunke, the Beere is very good for Flegmatike men.

Marcellus.

what is the vertue of Horehounde?

Hilarius.

Stinkinge fleume.

To helpe a moist reume.

IT is an herbe hoate and drye, if it be sodden with faire water, Suger or Hony, and strayned, this drink doth cleuse the stomake from stinking fleume. It is an excellent herbe for women to cleuse their Monthly terms. The water of this, is good to helpe them wich haue a moist Reume falling from the head vpon the Lunges, being often drunke, but it is hurtfull to the bladder & raynes, the syrup therof doth cleuse the kinges euill. And also put into the eares

eares it doth greatly comforte the hearing, if ỹ eares be troubled with deafnes: stamped with honny and applyed to the eies, it clenseth the syght. Kinges euill

Marcellus

What is the vertue of Veruen. To helpe the sight.

Hilarius. Veruen.

IT is called the Holy herbe, it dryeth and byndeth: if it be sodden with Vineger, it helpeth a disease called. S. Anthonies fyre, oftentimes washing the payned place. The leaues of Veruen, and Roses, and fresh Swynes grease stamped togeather, wil ceasse payne and greefe in euery wound, and wil keepe woundes from corruptinge. It is good for peopel that haue the Tercian, and Quarten Agues, thus saith Dioscorides. Moreouer he saith the weight of a ʒ, of this herbe wythee halfpeny wayghtes of Olibanū, put into ʒ.ir. of olde wyne tempered togeather, and dronke forty dayes in this quantity fasting, it wil helpe the disease called the kinges euil, or payne in the throate. Wild fyre

To keepe woundes from corruption.

Agaynst Agues.

To helpe the Kinges euil.

Marcellus.

What is the vertue of Rice? Rice.

Hilarius.

There bee manye opinions concerninge Rice, but I shal staye my selfe with the Iudgementes of Anicen. Rice sayth hee, is hotte and drie, & hath vertue to stop the Belly, it doth nourish much, t' it bee sodden with Milke, but it ought to be stepped in water an whole night before. If Blaunched Almons bee stamped with Rose water, and strayned into theym, and sodden with Cowes milke, it is verye much nourishinge: the Flower or Meale of Arza or Rise, stoppeth the bloudye flyxe, in dryncke or Cluster. Auicē, in ij. can. Cap. 78.

Marcellus.

What is the vertue of Pease and Beanes? Beanes.

Hilarius.

BEanes be more grosser and fuller of wynd, then Pease be, and make euill matter, except they be wel sodden and buttered, and so eaten with the whitest Onions that may be gotten, because they be hard of digestion: how be it they do make fatte, and partly clense, yet they are not compared with tender white Peason, wel sodden and buttered, or els made in pottage with garden Mintes, and grosse Pepper which haue vertue to clense the raynes of the Backe and bladder. Ther is a place in Suffolke called Orfor, where Pease grow on the stones, neuer sowen. Lintelles be of the same vertue. Barly beinge cleane hulled, and sodden with milke, cleane water and Suger, maketh a very holsome and comfortable potage, for whole Cholerick persons, or young people, and this is much vsed To make fat.

sed in the Northparts of England and is called Big Keale, and of clean Barly and pure water, is made that excellente water. called Ptisant.

Ptisant.

Marcellus.

What is the vertue of Beetes.

Beates.

Hilarius.

Whyte beetes

THere be of two kyndes, and both be prayse worthy. Simeon Sethi writeth, that they be hote and drye in the third degre, the white bee the best, they haue vertue to clense, as Niter hath but are of euill iuice: the iuice of this herbe with Honny, applyed into the Nose, do purge the head, so doth the leake, it is an holsom herbe in pottage, if it be wel sodden, or els noysome to the stomacke. if it be parboyled and eaten with Vineger, it is good agaynst the stopping of the liuer, not withstandinge the iuice of this herbe doth stop the belly beyng symplie taken. It is called Bete of Beta, or Veta the Greeke. B. because of the forme or shape.

Purging the head.

Stoppinge of the Liuer.

Marcellus.

What is the vertue of Betony?

Betony.

Hilarius.

THey be of diuers kindes Leonardus Fuchsius, doth call the sweete Giloflowers by the names of Betonye, but hee seemeth to talke of that which is commonly knowen of the people, called the lande Betony. which hath vertue to kil wormes within the belly, & helpeth the Quarteu, clenseth the Matrix, and hath vertue to heale the Body within if it be bruised: it is of so great effect, if it be sodden with Wormewood in white wine, as to purge Fleume, it is hote in the fyrst degree, and dry in the second.

To kill wormes.

For Wounds.

Sauery.

Marcellus.

What is the vertue of Sauerie?

Hilarius.

IT is hoate and dry in the thirde degree, if the greene Herbe be sodden in water or white wine, and dronke, these be his vertues: to make the Liuer soft, to clense Dropsies, cold Coughes, to clense womens diseases, and to seperate the dead child from the mother, as Dioscorides and Galen say: also Germander is not much vnlike in vertue to this herbe.

Liuer soft. Cold coughs. Dead childre.

Marcellus.

What is the vertue of Mustard or Sinapium.

Mustarde.

Hilarius.

RLINIVS doth greatly alow it, saying, that there is nothinge doth pierce more swifter into the brayne then it doth. Honye Vinegar, and Mustarde tempered together, is an excellent Gargarisme to purge the head, teeth, and throte. Mustarde is good agaynst al the diseases of the stomacke, or Lunges, wynde, fleume and rawnesse of the guttes, and conduceth foode into the body, prouoketh vrine, helpeth the Palsie, wasteth the quatten, dryeth vp moyst reumes, applyed playsterwise vnto the head. Honye and Mustarde helpeth the coughe, and is good for them that haue the Fallyng sycknesse: And tentes of Vinegar and Mustard put into the nose helpe the Palsye.

To Gargarize the heade.

Fallinge sicknes. Palsie.

Not

Notwithstanding the common vse of Mustarde, is a cruel enemye vnto ẏ eyes: many moe vertues haue I read of Mustarde, but the occasion of time hath vnhappely preuented, not onely my large description in this, but also in many other Simples. Euill for the eyes.

Marcellus.

What is the vertue of Senetion or Groundesyll? Senetion.

Hilarius.

It is of a mixt temperature, it cooleth and partly clenseth. If it be stamped and sodden in water, and dronke with youre Pottage, it will purge hoat Choller: this done with Saffron and cold water, stamped and put into the eyes, it will dry the runninge drops of theym: and prepared plaster wise, it helpeth manye greeuous woundes. Dioscorides sayeth, that the heades of Senetion with the flowers, and a little wine and Manna, tempered togeather, healeth the woundes, that be in the synewes. The flower of this herbe, hath whyte hayre, and when the wynde bloweth it awaye, then it appeareth like a Balde headded Man, therefore it is called Senecio. Hot Choller in ẏ stomake. To helpe the eyes. Dioscorides lib iiij. cap. xcij. For woundes

Marcellus.

What is the vertue of Cucummers? Cucummers.

Hilarius.

They bee (truely) in the second degre very moyst, and colde the Seedes bee very good to be geuen in hoat sicknesses. The pouder of the same Seedes dronke in cleane Wyne, are good agaynst diuers hoate passions of the Harte, This Fruite will cause one to make water wel. The roote dryed, and the pouder therof dronke in water and Honye, prouoketh vomit: If they be moderatly eaten, they bringe good bloode. Tempered with Honye, and the Eyes therewith anoynted they helpe a disease called Epinictidas, which troubleth men with strange syghtes in the Night: the best of this fruite is ẏ which beareth ẏ best seede ẏ sauour of them is holsom. Melons, citruls, Pompeions, & this kind of Pepins, or great Apples, be much vsed in England, and are more common thē profitable, because they vse to eat thē raw, Englishmen being borne in a tēperat region, enclyning to cold, may not without hurt eate raw herbes, rootes, and fruits so plentiful, as many men which be borne far in the South partes of the worlde, which be moste hoate of stomache: therefore eate these fruits boyled, or els baked wt Hony, Peper, and Fenell seedes, or such like: there be an other hoat kynde of bitter Cucummers, which do purge called Colocynthis. The Apple being steeped in Ptisant water, duringe Twelue howres, and so strayned, & dronke in the Morninge halfe a pint, doth purge Melancholy, and Choler adust and bitriall fleume, but it is a verye grosse purgation, but ẏ Trochiskes of Coloquintida are better to purge with. But ʒi of the Pouder of Coloquintida sodden with Mirthe and Ote water, & To prouoke vryne, Vomit. Good blood. Epinictides. Raw herbes. Coloquintide.

Dioscorides. lib.iiij.capit. Clxx.

Honye to a thickenes, maketh a goodly Pil to purge Fleume and choller, it is good in Clisters, for the same purpose, sodden with vineger, this kept in the mouth, killeth wormes in the teeth. The Oyle of this is good to anoint the paynes of the Huckel bone called Sciattica, It also killeth wormes in the Eares: this is moste bitter to the mouth and stomacke, it killeth wormes in the Belly, both in Emplasters and drinke. The Arabians cal this herbe Chandel, but in Laten it is called Cucurbita Syluestris.

Matthiolus super dioscoridē.

Marcellus.

Cabage.

What is the vertue of Cabage or Brassica?

Hilarius.

Ius Brassicę soluit, cuius substantia stringit.

To bind laxatiue

To clense Leprosy.

Aristote. iij. probl.

Auiceu. ii. cā. Rasisij. Al.

CAbage is of two properties, of byndinge the Bellye, and makinge laxatiue, the iuice of Cabages, lightlye boyled in freshe Beefe brothe is laxatiue, but the substance of this herbe is hard of digestion, but if it be sodden twyse, the broth of it wil bynde the Belly, if it be tempered with Allume: This herbe hath vertue to clense a new Red Leprosye, layd vppon the sore place, in the manner of a Plaster, but to conclude of this herbe, ỹ broth of it hath vertue to keepe a man from drunkennes, as Aristotle, Rasis, and Auicen do report, eaten before meate or drinke. And this is good to make Pottage withall, and is a profitable herbe in a common wealth, which the Fleminges sell deere, but we haue it growing in our owne Gardens, if we wold preferre our owne commodity, before ydlenes, and not suffer weedes to growe where herbes should be planted. If Fenegrike and this be sodden plaster wise, it helpeth the Gout, The leaues sodden with Honye, heale vlcers and Cankers, and kil wormes in the Bellye, there bee sundrye kindes of wortes, both Garden, Feelde and Sea, mutche like to each other in vertue. There bee greate plenty growing betweene Albrought and Horthforde in Suffolke vpon ỹ Sea shore.

Dioscor. li. 4.

Marcellus.

What is the vertue of Rue, or herbe of Grace?

Hilarius.

Rew called Herbe grace.

ITel thee this herbe, is very hotte and bitter, and doth burne, because of his hotenes in the third degree. If a little of this Rue be stamped, and sodden in wyne, and drunke, it is an excellēt medicine against Poyson and Pestilence. Roses, Vineger and Riue stamped together, and put into a Forehead cloth or Biggē and applyed to the Tēples of the heade, or Forehead, do ceasse greuous paine in the head. And in like maner it helpeth the bytinge of Serpents, and of Dogs, stamped with vineger, many nice people cannot abyde it, cryinge fye it stinks. The sede of this herbe beatē in pouder & put in fresh clarifyed Butter, and Pitche melted together, is good for them to drink that are bruised The sede of this Rue beyng dried and beaten into pouder, with ỹ pouders of swete Calamus and long Pepper sodden in white Wine, drunke warme helpeth the wynde in the small Guttes.

Poyson Payne in the head.

Agaynst byting of Dogs and serpēts.

Buleins experience manye tymes.

Marcellus.

What is the vertue of Lettice

Lettice.

Hilarius.

LEttice doth mightely encrease Milke in womens brestes, & therfore it is called Lettice, as Martiall sayth, fyrst shal bee geuen to the vertue and power, to encrease milke in womens breastes euery howre. Lettice is an herbe cold and moyst and very comfortable for a hotte stomacke, bringeth slepe, mollifyeth the bellye, the dryer it be eaten the better it is. I meane, if it be not muche washed in water, addynge cleane Salet Oyle, Suger and vineger to it, it abateth carnal luste: and much vse of it dulleth the sighte. The seede is precious agaynst hote diseases, drunke with Ptisantes. There is an herbe called Rocket gentle, that partly smelleth like a Fore, which is very hote, an encreaser of seede, this herbe must alwaies be eaten with Lettice. The roote ther of sodden in water will draw forth broken bones, and will helpe the cough in younge childrem, the seede doth vehemently expel bryne, drunke in white wyne, and killeth woormes: and tempered with an Ore gaule, doth clense blacke spottes in the face or skin after strypes.

To encrease Milke

Comfort agaynst hoate choller in the stomache.

Ill sorsight.
To abate the Lust.
An encrease of seede.
Broke bones
Coughe.
Dioscor. lib ij. Cap. cxxxiij.

Marcellus.

What is the vertue of Mintes?

Mintes

Hilarius.

MIntes be of two kinds, garden and wild Mintes, they be hotte vnto the third degree, and dry in the second degree Garden Mintes be best: the pouder of this with the iuice of Pomgranets, stoppeth vomits, helpeth sighing, clenseth hot choller. Three branches of this sodden with wine doth helpe repleation, beyng drunke fastinge. This iuice tempered with good Triakle, & eaten of children in morninges, wil kil woormes, and stamped with salt, and applyed to the bityng of a Dogge, will heale it. It is holsome sodden with wyndy meats & Pease &c. and sodden in posset ale with Fenel, it encreaseth vital seede. It is not best for Chollerike complexions but good for Fleumatike and indifferent for Melancholike, and it wil stop bloode, stamped and applyed to the place: the iuice of Mintes bee best to mingle in a medicine agaynst poyso: ỹ pouder of Mints are good in pottage to helpe digestiõ, and to make swete breath.

Stoppinge of vomits.
Repletion.
To kill Woormes.
Bytinge of a Dogge.
To helpe the Collike.

To make swete breath.

Marcellus.

What is the vertue of Dandelion, or Lyons teeth.

Dandelion.

Hilarius.

IT is temperate, cold, and drye: with Roses and Vineger tẽpered together, it helpeth the hed in hotte diseases, the sowthistle called Sonchos hath ỹ same vertue & so hath Cicory: if they be sodden, the loose the belly & quencheth heat which burneth in the stomacke, and defendeth the head from hot smoking vapoures, and purgeth yellow choller, and rebateth venerous & fleshly heat, & is good to be sodden & dronk in hote burning Agues: though this herbe be commonly knowen and counted of many as a vile wede, yet it is reported of Dioscorides to be an excellent herbe, & is called Lyons teeth.

The heade.
So worthy well to loate the belly.
Yellow choler
Burning Agues.

Mar-

Marcellus.

What is the vertue of Hysope?

Hilarius.

Hysop.

ANherbe commonly knowen, growing in gardens, and hoat in the thirde degree: it hath vertue to make humoures thin and warme: sodden with Figges, Rewe, and Hony, in cleare water, and dzunke, greatly helpeth the sicknes in the lungs. old Coughes, rotten humours, dzippinges vpon the lunges, sodden with Eris, and Graynes of Paradice called Cardamomū, it mightely purgeth and br[illegible]th good colour. Figges, Salt Nitrum, and Hysope stamped togeather, and applyed to the Splene, helpe it muche, and take away the water that runneth betweene the skin and the Flesh: sodden with Orimel it clenseth flewme. Howe bee it, Galen wryteth but little of this herbe in his eyght booke of Simples, but sayth that it is dzye and hoat in the thirde degree. But this herbe was vsed in the olde Testament, in the old time of the bloudy Sacrifice. And the holy prophet in his .li. Psalm, sayeth vnto almighty God: Sprinkle me oh Lorde with Hysope &c. God grāt vs all to haue such blessed plants of that Hysope in our gardens, whiche haue vertue to heale all sicknesses of the Soule, defyled with synne.

Dioscor lib. 3.

Sicknes in the Lunges.

Old coughes, Rotten humours.

To helpe the Splene.

Flemme.

Marcellus.

What is the vertue of Wyne?

Hilarius.

HIPPOCRATES sayth, of a customable thing commeth lesser hurte than of things not vsed, wherof I gather that they whiche dzynke wyne moderatly with measure, it doth prosyt them much, and maketh good digestion, but those people that vse to dzink wine seldome times, be distempered. White wyne if it be cleare, is holsome to bee dzunke before meate, for it preserueth the body and perseth quickly to the bladder, but if it be dzunke vppon a ful stomacke, it wil rather make opilation, or stopping of the Meseraikes, because it doth swiftly dzive foode downe, before nature hath of himselfe digested it: and the nature of white wine is of lesse warmnesse. The second wyne is pure Claret, of a cleare Jacint or yellowe colour: this wyne doth greatly norish and warme the body, and it is an holesome wine with meate, and is good for Flegmatike folke, but verye vnholsome for yong childzen: for Galen sayth Vinum pueris inimicum, because it heateth aboue nature, and hurteth the heade. Nor for them which haue hoate liuers, or paynes in the head, occasioned of hot vapours, or smokes, for it is like vnto fyer, and flare. The thirde is blacke or deepe, Red wyne which is thicke a stopper of the belly, a corrupter of the bloude, a breeder of the stone, hurtefull to olde men, and profitable to fewe When, excepte they haue the bloudye flure. And for the Election of wyne Auicen sayth, that Wyne is best, which is betweene new and olde, cleare, declyning somwhat to Redde or Amber, of good odour, neither sharpe nor sweete, but equal betweene both, for it hath vertue not onely to make humours temperate, warme and moyst, but also

Hip inij. lib. Aphari.

Digestion.

White wyne. Auerhois in. 6. colig. Rasis in li. 26, con. ca. 1.

Claret wine warmeth the Body. Galen lib. de tue. sani ca. 9.

Wine is an enemy to childzen.

Red wine corrupteth blood

Auicen in 3. prim. 2. doc. cap 8.

To know good wyne.

so to expell euell matter, whych corrupteth the stomacke and bloud: In Sommer it ought to be delayed wyth pure cleane water, as Aristotle sayth in his Problemes: and note this, that in dry yeres, wynes be best and most holsome: but in watry yeares, the Grapes be corrupted, which wine doth bringe to the body many euill diseases, as Dropsies, Timpanies, Fluxes, Reumes, windes and sutch lyke, as Galen sayth: And thus to conclude of wyne, almighty God did ordayne it for the great comfort of mankinde, to be taken moderately, but to be drunke with excesse. it is vnholsome and is Poyson most venemous: it relaxeth the sinewes, bryngeth Palsy, Fallyng sickneſſe, in olde persons, hoat Feuers, Frensies, Fighting, Lechery, and a consuming of the Lyuer to the Chollerike: and generally there is no credence to be giuen to drunkardes, although they be mighty men. It maketh men lyke vnto monsters wyth countenaunce lyke to burning coales. It dishonoreth noble men, and beggereth poore men, and nearehande killeth as many as be slayne in cruell battayles the more it is to be lamented. Plato in secundo de legibus. cõmaunded that none vnder .xxij. yeres olde should drinke wine. And this wyse man doth shew a reason saying: Non oportet ignem igni adiscere. One fier ought not to be put to an other or coupled together for they wyll deuoure eche other, because there is no meane betwene them, but extreme in one degree. And the wordes of king Lamuel bee these agaynst drunken Princes or Judges: Noli regibus ò Lamuel, noli regibus dare vinũ, quia nullum secretum vbi regnat ebrietas, ne forte bibat & obliuiscantur iudiciorum, & mutẽt causam filiorum pauperis. &c. Oh Lamuel it is not fit for kynges, it is not for kynges to drinke wine. For there is no secret where dronkenes raigneth, least they beyng dronke forget the law, and peruert or change the Judgemente of poore mennes Chyldren. Giue wine to such as be condempned to death, and Wyne to suche as sourne, that they maye drynke it and forgette theire miserye and aduersitye. I conclude that wine is holsome for colde complections and crude stomackes, euel for cholerike, immoderatly taken: a prince to princes, and a confounder of Judges, and finally the floud of Lethe to the afflicted, to make them forget theyr miseries,

To knowe good Wyne.

When Wine is best. Galen. in Regacu.

Wyne moderatiue comforteth.

A glasse for an excesſiue. Wine bibbers to looke in.

Plato in 2 legibus.

Prouer. xxxj.

Lethi a Flud whose water did cause men to forget themselues when they dranke it of

Marcellus.

waters.

What is the vertue of the common water of Ryuers, springes and fountaynes. &c

Hilarius.

Gal. 3. de vic. acu. lib. ij. cẽ. 23

WAter is one of the foure Elementes, more lighter then Earthe, heauier then fyer and aire. But this Water whiche is here amonges vs in Riuers, Pondes, Springes, Fluds, and Seas, is no pure water, for it is mingled with sundrye Ayres, Corruptions, Grossenes and softenes. Notwithstandinge in all oure Meates and Drynkes Water is vsed, and amongeste all liuinge Creatures cannot be forborne neyther of Manne, Beaste, Fishe, Foule, nor Herbe. &c. for all haue neede of water. And Auicen sayth, the Clay water is pure, for the clay clenseth the water: ỹ water is better, then ỹ water ỹ runneth ouer grauel or stones, so that it be pure Clay, & voyd of corruption.

what kynd of water is best.

Auicẽ lib. ij. & fen iij de dispositionibus.

Also

Also waters running toward the East be pure, comming out of hard stony Rockes, and a pinte of that water is lighter then a pinte of the standing water of Welis or Pooles: the lighter the water, the better it is. Also water that is put in wyne. &c. ought fyrst to be sodden, or it be occupied, and so the fyer doth clense it from corruption. Standing waters, and Waters running neare vnto Cittyes and Townes, or Marrish groundes, wooddes, and fennes, be euer full of corruption, because there is so muche fylthe in them of Carrions, and rotten dunge. &c. The hyer the water doth fall, the better it is: Ise and snow waters be very grosse, and be hurtfull to the bodyes of men and Beastes. To drynke cold water is euil, for it wil stoppe the body, and engender Melancholye. Salt water clenseth a man from scabs, Itch, and moyst humdures, it killeth Lice, and wasteth blood betwene the skinne and the flesshe, but it is most hurtful to the stomacke: but the vapoure and smoke of it is good for them that haue the dropsye. If one that is bitten with a madde Dogge, be sodenly cast into a swifte runninge Riuer, and so plunged vp and downe, thre or foure times, hanging by the wast in a frõg Lynnen cloth, it wil helpe him by the reason of the greate sudden feare, in that Melancholye passion sayth Dioscorides. And Auicen sayth, water wherin steele is quenched, is good to be geuen to him that is bitten with a mad Dogge. Also hee sayth, whosoeuer is bitten of a mad Dogge, and is vehemently afrayd when he seeth his face in a vessel of water and knoweth himselfe, it is a signe that he shal not die. Also bathes for the clensyng of the corrupt bodyes of men be made of cleane water: without water Menne are more defyled than beastes, for it is a nutriment of euerye liuinge creature, sensyble, and insensible. There is a Riuer runninge at Rome called Tiber, whose water is of such vertue, that it wil remayne in a vessel of stone by the space of an hundred yeares vncorrupted as sayeth Petrus, Andræus, Matthiolus vppon Dioscorides. There were some tyme neare vnto that auncient and old Citty called Agrigentum, sacred welles, which wer of such vertue, that the water bronghte forth suche precious Oyle, that the bodies which wer anoynted therwith, were clensed of sundry and diuers diseases.

The goodlye vertues of cõmon water.

Let vs not be forgetfull of that noble Riuer Tagus in Spayne, in whom swimmeth diuers kindes of fysches, vnder whose streames lyeth plentye of golden sandes: what shal we say vnto the Capital riuer of all this Worlde called Nilus, whiche runneth ouer all Ethiopia and Egipte, in which Egipte there is no Rayne, but onely the swellinge and ouerflowinge of that fludde, which being falne downe within his bankes, eftsoones great plentye of spices, Herbes, Plants, and fruites do grow, in so muche that the people of ỹ Land do liue without any greate trauel, payn, or Labour, the cause of the aboundance, and swellinge of this famous riuer sayethe Galen, is when the Snowes bee melted, throughe the greate heate of the Sunne in the Mountaynes of Ethiopia? The Ocean the most Myghty Sea of all the Worlde, the Mother of Fyshes, straunge Monsters, Stones of diuers natures, seperater of landes, enuironer of Ilandes, ỹ water therof through a longe continual boyling ouer the fyer, is conuerted into salte.

Of Nilus that noble flood.

The cause why Nilus doth flowe.

Also

Also in the North partes of Scotland nere and vppon the sayd Ocian Sea, stickes, braunches, and bordes of broken shippes falling into the same Sea, vppon these thinges be engendred foules or birdes, which wee commonlye cal Brants or Barnacles, a kynd of smale Geese, which wee do see commõly in this Realme, al of one colour and bignes, their Egges wer neuer seene amongest vs, they haue none other generation than I haue sayd: although to the incredulous and ignorant it seemeth vntrue, whose fantasyes I force not of, but of the truth. There be also waters in the Northe partes of the Ocian Sea, which doo freese for euermore, whose Ise is nothing elles but Christall, for Christall is of no other generation. Ther bee waters of an other nature here in Englande, called Aquæ callidæ, or the hotte Bathes, at a place so named called Bathe, whose water doth neuer freese throughe extreame coldenes, but is euer warme, whiche hath vertue to helpe the sore, scabbed and mangie, if I may so terme them: many haue come thither lame and haue gone awaye without corruption of the Flesshe, contraction of synewes, lamenes of Lims or weaknes of nature, & this is a blessing of God among vs, to haue so precious a Jewel. There is a wel near hãd of the like effect at Buckestone, whose water hath done many & sundry good cures, both to the sore, and lame: yet these waters are reported to be so gentle, that they wil not vsurpe or steale from Guiacum, his vertue and good seruice, which it dayly doth to his Neapolitã, French or English frends, you know what I mean. What shall I say more of water or deepe welles, which bee warme in winter, by the reason that heate is in the bowels of the Earth, and cold in Sommer, because heate is aboue the earth: Ther is a noble wel called Alissus in Arcadia, and who so drinketh of this water shal be deliuered of the venome, or bytinge of madde Dogges. There bee diuers welles at Nantewyche &c. wherof is made greate plenty of good white Salt, very rich and profytable to our common wealth. I wil not forgette the Well of Silo and the Sacred floud of Jordane, which was the first water of Baptisme where as Jesus Christ our Sauioure was Baptised himself, whose beginninge is from the heads of Jor. and Dan. or from a Fountayne called Paneade so named of Cæsarea: in this riuer is plenty of good Fishes, it is a sweete noble Floud where Christ Jesus our sauioure, did shewe Myracles. But Asphaltites sayeth Plinie wil suffer nothing to syncke into it, Bull nor Cammell. &c. in this Floud is plenty of Bytumen, wher was Sodome and Gomor, sometyme the dead Sea. And thus I make an end of water & the Earth. Rayne water is bynding and stopping of nature, water is a very good seruaunt, but it is a cruell mayster.

The cause of Warnacles.

The cause of Christal.

The effectes of the Bathes at the towne of Bathe.

Guiacum is of greater vertue then hath or Buckstons wels against the norsegay of Napies.

The dead sea.

Marcellus.

What is the vertue of Beere and Ale?

Hilarius.

Ale

Although Beere & Ale becom pounds yet I haue here placed the matter wa ter, wherof they receiue their greatest substaunce.

ALe doth engender grosse humours in the body, but if it bee made of good Barley malte, & of holesome water, and very wel sodden, and stand. v. or vi. dayes, vntil it be cleare, it is holesome, especially for hotte Cholorike persons, haunge burning Feuers. But if Ale be very sweete and not wel sodden in the brewing, it bringeth inflation of wind and fleum into the Belly, If it be very sower, it nippeth and greateth the guttes, & is euil for the eies: to them that be very Fleumatike, Ale is verye grosse, but to temperate bodies, it encreaseth blood, it is partlye laratiue and prouoketh vrine. Cleane brued Beere, if it bee not verye stronge, brewed with good Hoppes doth clense the Bodye from corruption, and is very holsome for the Liuer, it is an vsual or common drink in most places of Englande, which in deede is hurte and made worse with manye rotten Hoppes, or Hoppes dried like dust, which cometh frome beyond sea: but although there come many good Hoppes from thence, yet it is knowen that the goodly fyeldes, and fruitfull groundes of England do bring forth to mans vse, as good Hoppes as groweth in any place of the world, as by proofe I know in many places of the Coūtrey of Suffolke, where they brew theyr Beere with the Hoppes that growe vppon theyr owne groundes, as in a place called Brisiarde, neare to an old famous castle called Framingham and in many other places of the country. Thus to conclude of Ale & Beere, they haue no suche vertue, nor goodnes, as wine hath: and the surfets which be taken of theym, throughe dronkennes, be worser then the surfetes of wine. Know this, that to drinke Ale or Beere, of any empty stomack moderatly, hurteth not, but doth good But if one be fasting hungry, or empty, and drinke much Wyne, it will hurte the Sinewes, and bringe the Crampe, sharpe Agues, and Palseis, as Auicen, Auerhois, & Rasis, sayth. The riuerpichers had a good medecine prepared for them: for the Maior of London, vppon a polityke consideration, Anno. 1560. made an order against mighty Beere and Ale, aswel for the health of the cōmons of London, as for their profyte. Whereat the Aleknightes, were not little offended, & do continue stil as true Souldiours to ỹ strong Beere and Ale, which is their Captayne, notwithstanding my lord Maiors decree, as it plainly appeareth in their flushing, red, coppred noses. For strong Ale hath such vertue and worthines, that he cannot bee so persecuted, afflicted, yea and banished, but his disciples most constantly will follow him, to the end of their liues. Therfore they shall haue Bacchus blessing for their labours. But yet the end of Drunkards and Gluttons is miserable: therfore my Marcellus, heare that most prudent and wisest Prince king Salomon, saying. Noli esse in conuiuijs potatorum, nec in comessationibus eorum qui carnes ad vescendum cōferunt: quia vacantes potibus, & dantes symbola, consumentur & vestietur pannis dormitatio, &c. **Keepe no company with Wine bibbers, and ryotous eaters of Flesh. For such as be drunkardes and ryoters, shal come to pouerty. And hee that is geuen to much sleepe, with ragged clothes. &c Lo, these be the rewardes of such companions and vnthriftes.**

I late house of Hunnes

Surfets of Ale & Beere Auicē ij. ter tra capi. viij. Auerho in cō. Rasis in. iiij. Almen, cap. v.

Marcellus.

I THANKE

THanke you for your good counsayle, good Hilarius, you haue spoken indifferently: and you haue alledged good writers, but specially Salomon, whose woordes be well placed, against ryotours and dronkardes, with their rewards, as pouerty, shame, and ragges. &c. for abusyng the good creatures, and blessinges of God: but to vse them in good order, they be our seruauntes, and we may take them for our neede. I pray you say some thynge of Bread, which is the chyefe foode to all liuing men in this Land.

Hilarius.

THE beste bread is made of cleane Wheate, which groweth in claye grounde, lightly Leuened, meanely Salted, and the Bread to be baken in the ouen, not extremely hote, least it be burned, nor also lesse than meanely hote, least the Breade bee heauie and rawe: the lighter the bread is, and the more fuller of the holes, the holsomer it is, thus Auerhois, and Rasis saye. And also Bread must neither bee eaten newe baked, nor very stale, or olde, for the one causeth drinesse, thurst, and smokyng in the hedde, troublyng the braynes and eyes, through the heate thereof. The other dryeth the body, and bringeth melancholy humours, hurting memory. The best bread is that, that is of a day old: and the loaues or Manchettes, may neither be great nor litle, but meane, for the fire in small loaues, dryeth vp the moistenes or vertue of the bread, & in great loaues, it leueth rawnes and grosenes, Read Galen, in the properties of bread: sodden bread, which is called Simnelles, or Crackenelles, is very vnholsome, and hurteth many one. Rye bread is wyndie, and hurtfull to many, therefore it must be well salted, and baken with Anisedes. And commonly crusts of Bread, be dry and burned: they do engender choler aduste and melancholy humours. Therefore in greate mennes houses, the Bread is chipped so nigh, and so largely pared, that mutch of it is abused, & shamefully made into losse for Dogges, which would feede a great number of poore people: but many men bee more affectionate to Dogges, than to men. Barly Bread doeth clense, and make the body leane.

The meane baked bread, the beste.

Aue in v. col. Rasis in. xxx. in almũ Cap. What bread is beste.

Bread of a day old,

Galen ii. alimẽt. capi. 2

Sodden bread not holsome.

Barly bread.

Yet thus mutch more of Bread, If a Manchette stand al night in Borage water, and in the morning bee giuen to a man, that is new fallen madde, it wyll helpe him, vsyng it xiiii. dayes: being also letten bloud in Cephalica, a veine in the forehead. Also a Cake or Manchette, made in this manner, and daily eaten: ʒ. viii. halfe in the morning, and as much at Night, helpeth Gonorrhea passio, or running of the raines. A pound of fine flower, and the fyne dryed pouders of Walnuttes, Chestnuttes, Hasil nuttes, Filberdes, Nutmegges, Almondes, and Pistacia, of these, vii. kindes of Nuttes. ʒ. iii, tempered with this meale, and red Wine, and so your bread made thereof. There is also a kinde of Bisquit made with Anisedes, holsome for the lunges, or reumatike persons. Calamus, long Peper, Ginger, Spicknard, and Galanga, bee good to put into their bread which haue the Dropsie, or Tympanie.

Walter Roger Strages Medicine, brought from Venice, written by a learned Italian Doctour.

Marcellus.

What is the vertue of Peares.

Hilarius.

The operation of Peares.

There be of diuers kindes of Peares, heauier then Apples, not good vntill they be very ripe, vnlesse they be tenderly rosted, or baken, and eatē after meales. Ther is a kynd of Peares, growing in the City of Norwich, called the Blacke Freres Peare, very delicious and pleasaunt, and no lesse profitable vnto a hoate stomacke, as I heard it reported, by a ryghte worshipful Phisicion of the same City, called Doctour Wankfield, who said, he thought that those Peares, without all comparison, were the beste that grewe in any place of England. Dioscorides sayeth Lib. i. Capi. cxxxii. That all Peares doe stoppe and bynde, so do the leaues, and therefore sayeth he, plasters be wholsome made of thē, to stoppe vomites and laxies. There maye Lye bee made of Peare tree braunches, or barkes, which is holsome to seeth wylde Peares in, that be called stranglyng, or choke Peares. For so soddē, it doth take away venome or hurte: the same Ashes dooth helpe Men, beyng dronken in whyte Wyne, that be almost strangled with Mouscrums, or such like. Peares haue many names, as Peare Robert, Peare John, Busshops blessyngs, with other prety names. The red Warden is of greate vertue, conserued, rosted, or baken, to quench choller.

Blacke Freres Peares of Norwiche.

Ashes made of wild peare tree, the vertue thereof.

Marcellus.

What is the vertue of Apples?

Apples.

Hilarius.

Apples be very cold and wyndye, hard to digest, engenderers of ill bloud, hurtful to the flegmatike persones, good to cholerike stomackes, if they be through ripe, but best if they be rosted, or baken and eaten with grose Peper to Bedwarde. They bee of many kyndes, as Costardes, the greene Cotes, the Pippē, the queene Apple, and so forth: the distilled water of Apples, Champhire, Vinegar and Wylke, is a good medicine to anoynt the Faces of chyldren, that haue the smal Pockes, when the sayed Pockes be rype, to kepe them from pittes or erres, prouided, that they haue giuen them in their Wilke Saffron, or Mithridatum, to expel the venome, and kepe them from the aire, during the sayed sickness. The pappe of an Apple with Rose Water applyed to the Eyes, dooth quenche the burnyng, and taketh away the rednes of theim. Apples bee good in Winter, and prouoke vrine: eate theim with a lyttle Salte. Tartes of Apples wyth Anisedes, make sweete breath: there is a wyndy drynke made of them called Cider: Uergis is not greatly to bee lauded, albeit, custome doth permit it.

The operation of Apples. Dioscorides Lib. i. Cap. 131

For a cholerike stomach. Costarde. greene Cote. Pipins.

A medicine for the smal Pockes.

Marcellus.

What is the vertue of Peches.

Peaches.

Hilarius.

The operacion of Peaches

Hot stomacks.

Against stynking breathes

Quinces holsome.

The leaues be hote, for if they be stamped in plaster wyse, & applyed vnto the belly, they kyl wormes: the fruict is cold, and very good for the stomack: they be good to bee eaten of them, that haue stinking breathes of hote causes, eaten of any empty stomāch, as it is the counsayle of Galen. who sayeth, if they be eatē after meate, they do corrupt, both them selues, and the Meates lately eaten, and they be byn ders of the belly; but Quinces bee most comfortable after meate, and

they

they doe enclose the stomack, & let vapours frō ascending into the braine, & stoppe vomites. Folkes that be swolne in theyr bodies, and vse to eate quinces with the grose pouder of Galanga, Spiknard, Calamus, and Ginger, shall receiue comfort: they may be eaten before meate, of the sayd sicke pacyents, as well as after, but mutch vse of them, is not so profitable, as delectable to the eaters of them. Swellinges.

Marcellus.

What is the vertues of Quinces? Any more than thus. Quinces.

Hilarius,

IF thy stomacke bee very hote, or moyste, or thy belly laxatiue, then Quinces be good to be eaten before meate, beyng rosted, or eaten colde: and in this case, the tarter be the better: and Pomgarnettes be of the same vertue, as Isaac sayeth: but eaten after meate, they doe enclose the stomacke, and moyste the belly, they ought not to be vsed in common meates: the custome of them hurteth the sinewes, but in the waye of medecin they bee excellent: and the cores beyng taken out, and preserued in Honye, or kepte in their mussege, they may longe continue. to the vse of rosting, or bakyng, for they be perillous to the stomack eaten raw, but preserued, they doe mightely preuaile against dronkenes: they be cold in the first degree, and dry in the begynning of the second. The operacion of quinces. Pōgarnettes. Isaack in pertidie. Quinces raswe hurte. Against dronkenesse.

Marcellus. Cheries.

What is the vertue of Cheries? The operacyon of Cheries.

Hilarius.

THE tarte Cherpes vndoubtedly, be more wholsomer then ỹ sweete, and eaten before meate, they doe mollifye the Belly, prepare digestion, and they bee most excellent against hotte burning choler, they be good also after meate, and be of many kindes, as blacke, red, and pale: the red Cherye partely tarte is beste, Galen and Rasis, greatly commende thys fruicte, This fruicte is cold and moyst in the fyrst degree. And the gumme of a Cherye tree, sodden in Wine and dronke, hath all these properties, saieth Dioscorides, it helpeth old coughes, giueth good colour to the face, sharpeth the syght, maketh perfect digestion, and maketh cleane the raynes from grauell. Plinie sayeth, Libr, xv. Capi. xxv. it was a straunge thing to see Cheries at Rome, vntyll sutch tyme as Lucullus the Noble Romaine vanquished Mithridates, the kyng of Pontus. And from thence came Cheries at that tyme to Rome, whych was aboute the incarnation of our Lorde Chryst. lxiii. yeres. And then within fewe yeres after, all Italie was full, and thē most part of Fraūce: and so they came in to this our great Britan chiefly in Kēt, whereas great plenty doth growe yerely. Against hote Choler. Galen de alimen. Ra lib. xxiii. Capi. Dioſc. in libro i. capi. cxxix

Marcellus.

What is the vertue of Grapes, Rasines, Prunes, Barberies, Orenges, and Medlers?

Hilarius.

Grapes.

HIppocrates sayeth, that the whyte Grapes, bee better than the blacke, and wholsomer when they are twoo or three dayes gathered frō the Vine, than presently pulled from it: and if they bee sweete, they bee partlye nutratyue, and warme the Bodye, and thys agreeth Galen, and Rasis, who seemeth to commend sweete Grapes, above Dates, saying: although they bee not so warme, yet they do not stop the body, or make oppilation as Dates doe. They be wholsome to be eaten before meate, euen as Nuttes bee good after Fysh: towards the South, & South East parts of the world, there be many growyng in diuers Regions, whereof the Wines bee made, the farther from vs, the hotter the Wine: there bee very good Grapes growyng here in England, in many places, as partly I haue seene. Raysons of the Sonne be very wholsome, and comfort digestion, but the stones and rindes, would be refused: and then they be good for the splene and lyuer, so be Aligantes. Rasis doeth mutch commend them, but vndoubtedly the small Raysons be hurtfull to the splene. Prunes, and Damasens haue vertue to relaxe the belly, if they be sweete and ripe: they dos nourysh very lyttle, but quench choller. Grapes Raisons, Prunes Plūmes, and Slowes, if they be sower, be all binders of the belly. And so is the Barbery, called Oxiacantha, and Orenges, except the saied Orenges be condited wyth Sugar, and then they be good coolers agaynst hoate choller, whose rindes be hoate, and dry of nature. The fruict called the Medler, is vsed for a medicine, and not for meate, it prouoketh vrine, and of nature is stipticke.

Galen de alimen. ii. Rasis in iiii. alimen. xx.

Raisons.

To comfort digestion Splene and Liuer.

Sweete prunes bee laxatiue, but tarte be bindyng

Oxiacantha, called the Barbarie

Mespila called the Medler.

Marcellus.

What is the vertue of Capers and Olyues?

Hilarius.

FResh Capers be hoate and dry in the second degree, and eaten before meates, doe greatly comfort digestion: and bee the best thynges for the Splene, or to clense melācholy, so is the oyle of Capers to anoint the Splene, or left syde, that can be taken. Preserued Oliues in Salte, eaten at the beginning of meates, do greatly fortefy the stomacke, and relaxe the belly, clense the liuer, and are hoate and dry in the second degree. The decoction of Caper barkes helpeth the Splene, beyng drunke.

Capers and Olyues.

Good for the Splene.

Marcellus.

What is the vertue of Aloes?

Hilarius.

THere bee twoo kindes of Aloes, one is named Succotrina, which is like a liuer, cleare, brytle, bitter, coloured betwen red and yellow: this is best for medicines, a litle of this tēpered with Rose water, and being put into the eyes, helpeth the dropping, & watry eyes. Also it is put into many excellēt medicines laxatiue, as Saffrō, Myrrhe, Aloes, mingled together in the forme of pilles, is the most excellent medicine agaynst ỹ Pestilence, as it is writtē in this boke folowing. Hony & Aloes mingled together, doe take away the markes of stripes, and also doe mundyfye sores, and

Aloes.

Two kyndes of Aloes.

To helpe watry eyes.

Agaynst the Pestilence, called pilule Ruffi

and vlcers, it doeth clense the aboundance of choller and fleume from the stomacke, it is not good to be taken in Winter. For Auicen doeth forbidde it, but in the Spryng tyme, or Haruest: the pouder thereof, the wayghte of a French croune, mingeled wyth the water of Honye, or Mede, and so drunke in the morning doeth clense both Choller and fleume. There is an other grosse Aloes, which is good for horses tempered with Ale, and ministered, and as well to other great Beastes, as horses, the wayght of halfe an Vnce, and thus mutch haue I sayed of Aloes: but if Aloes be cleane washed, it is the holsommer, mutch vnwashed Aloes wyll cause Emeroides.

Markes of stripes of the skin.

To clense choler and fleum.

Cause of the Emroides.

Marcellus.

What is the vertue of Dictamnum,

Hillarius.

IT is of a singuler vertue, leaued like vnto Penerpal, but greater, and som what rough, and tasteth lyke Ginger when it is bitte on: this herbe is incomparable for his singuler goodnes, in spedy deliueraunce of dead chyldren from their Mothers, beyng drunke in Syrupe. Ther be two kindes of them the one called Dictamnum, and the other Pseudo dictamnum, one of the garden, the other of the field, and haue many rootes: the Leaues bee onely occupyed, and not the stalkes, beyng sodden in wine, it draweth corruption out of depe woundes: if any man be wounded wyth Iron, as Dager, Speare, nayle, ppece of harneis, hayleshot, or mayle, droppe in ỹ Iuice of this herbe into the sayed wounde, and eftsones it wyll drawe forth the Iron therein fyred, so that the pacyent drynke of the same herbe in wine. Dioscorides reporteth, that wylde beastes, and Goates among the Grekes, whē they were wounded with arrowes, dyd feede on thys herbe, whose vertue caste oute the Arrowes, and healed the wounde. It wyll do the like also to mankynde, if he be not smitten with a mortall wound. The smoke of this Dittan, called Dictamnum, doth driue away any lurying thinge frō man, that is venemous, as Tode, Neute, Skorpion. &c. And the Noble Poete Virgil doth greatly commend the same precious herbe, with these pleasaūt sweete Verses, saying:

Dictamnum is a good sodē salue for a souldier in the fyelde.

Dioscorides. lib iij. cap. xxxj.

A maruaillus woorke of Dictamnum.

Lib. xij. Aeneidos.

Hic Venus indigno nati concussa dolore,
Dictamnum genitrix Cretæa carpit ab Ida,
Puberibus caulem foliis, & florę comantem
Purpureo: non illa feris incognita capris
Gramina, cum tergo volucres hæsere sagittæ.

Which Verses are Englyshed thus.

But Venus mutch apauld at this her Sonnes vnworthy payne:
Greene Ditainie from Ida sacred mount in Creeti shee bringes,
The stalke with tender leaues, and Purple flowers full fresh that springes
An hearbe to Roebuckes wylde, and Beastes not tame right wel be knowen.

Marcellus.

I pray you, what is the nature of Helenium, called Enula campana, which we common plain people call Alacampane.

Hilarius.

Enula cãpana

A fable perhaps.

A bitter diffinition.

THis herbe of worthy Memorye, hath thus ben called, as some doe say, from the battayle of Troie: which was before the incarnacion of Gods onely sonne, our God and sauiour Jesus Chryst. 1189. And then was named Elenium of the lamentable and pitifull Teares of Helena, wife, to Menelaus, when she was violently taken away by Paris into Phrigia, hauing this herbe in her hande. Or as other doe say, this noble Helena made a goodly medicine of this herbe, agaynst the deadly Venome, or poysone of Serpentes. And Plinie reporteth, that Julius Augustus the Emperour, did eate of this daily with his meate. It preuayleth agaynst poyson, it dooth comfort the heart, as it is sayd: Enula campana, reddit præcordia sana, Aicuen. The wine of this herbe, doth clense the lyghtes, breast, and lunges: and swallowed with clean Hony, it causeth to spyt, and breaketh wynde. Balme and thys herbe be great friends to the heart: and if it be sodden wyth Rue, it preuayleth agaynst the colike, and ruptures, whych come of wynde: it is not exactly hote and dry. It is very comfortable in bathes, to washe and clense the body from filth, itch, skabbes, and to keepe the partes of the body warme, and to make them redde that were pale: and is good for Ischias called Sciatica, or paynes in the huckle bones, applyed playster wayes warme. The roote is of great vertue, sayeth Galen Libr. vi, Simplic Medic. If it bee champed, sayeth Plinie, fastyng in the mornyng, it will confyrme & stablysh the teeth: and the oyle is good agaynst the tourments of the guttes, whych be vexed wyth wynde, and helpeth the sinewes. If any wylde beast fall in any net, dyed wyth the same Enula, they shalbe poysoned therewyth, as Galen sayeth in hys booke de Theriaca ad Pisonem, but some wysemen doe thynke rather it bee a fable, than a true history. And thus I do ende of this good herbe, whose chyef vertue is in the roote.

Marcellus.

What is a Tassill good for, beysdes the Clothe workers businesse, which is in hys shoppe?

Hilarius.

Tasell.

A Tasell is called Dipsacus in Greeke, by a contrary name, for it receiueth in the concauitie and holonesse, dewe and rayne, to releue the drynesse. It is also called virga pastoris, Shepeardes rod and Fuller Thystell. Ther be two kyndes, one wild & vnprofitable: the other is a good Seruaunt in the common wealth, for trymming of cloth, and cappes, & it is a stykke Tasell. The rootes and leaues wyth the pryckes be dry in the second degree: if thys herbe bee sodden in water to a thicknesse, and drawen through a strayner, and sodden agayne vnto a more thycknes thys layed vpon chappes, or places, opened wt wynde, as in Marche, it healeth theim. The same put into a Fistula, doeth heale it, and taketh away Wartes, so say Dioscorides and Plinie.

Marcellus.

What doe you saye of an herbe, called Hypericon.

Hilarius.

Dioscorides

DIoscorides calleth thys herbe, Libr. tertio Capitulo. Cliiii. Hypericum, Chamæpityn, Androsæmon, or Corion, with suche coppye of names: The seede dooth partly smell lyke Rosen: If this herbe bee chafed and broken in ones hande, it sendeth forth a bloudy Iuice, sayeth he, the seedes be blacke, and the flower yellowe, it groweth in the Moneth of July, and August, and is commonly knowen in every place: and of temperament or nature, is hotte and drye. Galen sayeth, it prouoketh vryne: al the herbe must be put to the medicine, as to salues, then it healeth moyste and stinkyng putrifyed sores. And beyng dronke, eyther the water, the Syrupe, the iuice, or pouder, healeth Ischias, or the Sciatica, of the same mynde is Dioscorides, But they must drynke of the seede, sayeth he, by the space of .xl. dayes. And this Sayncte Ihons woorte or herbe, helpeth tartians or quartaynes, dronke with wyne: the iuice healeth any burnte place, and is good for the stone. Acyrum, Androsæmum and Coris, be kynsfolk. But the seedes of Acyrum wyll purge, they differ in forme. But for tyme, sauour, place, and nature, they be much like one vnto the other: And are al named among vs, sainct Johns woorte or herbe.

Hypericon S. Johns herbe, weeds grasse. or woorte.

Galen. Libr. viii. Simpl. medicamentorum.

Marcellus.

OUr fyelds doe grow full of Scabious, euery mere and balke is full of it in June: Some dooe vse this Herbe for the Pestilence, commonly called the plague. Wherefore doe the learned men, as Dioscorides and Galen say it is good.

Hilarius.



Cabiosa so named of old tyme, because it is giuen in drynke inwardly, or oyntmentes outwardly, to heale Scabbes, sores, corruption in the stomacke, yea, and is most fryend among all other herbes, in ỹ tyme of the Pestilence, to drink the water with Mithridatum a morynges. It stoppeth the bloudy flixe, and Hemeroides, and anoyntment made thereof, healeth Antrax, called the Carbuncle, or hotte burnyng Pestilent botch, or fearful sore. Galen sayeth Lib. vii. Simplicium medicam. that it is hot, drie, and bytter, and hath vertue to bynde, dry, and stoppe, it wil ioyne a fresh wound together. The iuice dropped into the eye, healeth it, if it be pricked or bleede. It is good to be dropped into foule rũning moist eares, it should seeme, being both hotte and dry, if it be sodden in wine, and drunk, it dryeth superfluous humors. Dioscorides calleth it Stoebe, the flowers are like a Blew or white thrummed hatte, the stalke rough, the vpper leaues ragged, and the leaues nert the grosse rootes be playner. Under whom often tunes, Frogges wyll shadowe them selues: from the heate of the day: hoppyng and playing vnder these leaues, whych to them is a pleasaunt Tent or pauilion, sayeth Aristophanes, who made a playe, wherin Frogges made pastime.

Scabious for scabbes, it taketh the name of the propertie, the right name is Stobee or Phorathere be two kindes of it.

Marcellus.

What is the vertue of Bugloss? Bugloss.

Hilarius.

IT is an herbe most temperate, betwene hot & cold, of an excellent vertue, a comforter of the hearte, a purger of Melancholy, & quieter of the Frensye, a purger of the vryne, holsome to be dronke in wyne, but most effectually

To comforte the hearte.

Frensye.

effectually in Syzupe, Dioſcorides, and Galen doe greatly commend thys herbe, and to bee pzayſe woꝛthy daily experyence pzoueth.

Marcellus.

What is the vertue of Baſill.

Baſill

Hilarius.

Dzimum oꝛ ſweete oder, oꝛ redolent. Dzopſie. Foꝛ the bzain and harte.

THis herbe is warme in the ſecond degree, hauyng the vertue of moiſtneſs: and if it be ſodden in wyne, with Spicknard, and dzunke, it is good agaynſt dzopſyes, wyndes, fleumes, coldnes of the heart, hardnes of ẏ ſtomacke. The ſauour of Baſyll doth comfoꝛt the bzayne and heart, the vſe of thys herbe in meates, doth decay the ſyght.

Marcellus

What is the vertue of Polipodye.

Polipodie.

Hilarius.

Fleume.

IF thys Herbe be ſodden wyth Beates, and Mallowes, in the bzoth of a Henne, and dzunke, it wyll loſe the Belly, and cleanſe Fleume: the roote of this herbe, beyng dzy, and beaten in fyne pouder, and dzawen into the noſethzylles, helpeth a diſeaſe called Polipus. Galen. and Actuarius. affirmeth that .i. of the rootes of Sene, ſoddē with Polipodye in Mede, oꝛ Honye, and ſo ſtrayned, doth purge choller and melancholye, without payne. It is of the lyke vertue and effect, ſodden in the bzoth of a Henne, oꝛ Ptiſane, and is of oꝛder temperate, and relaxyng:

Actua in li. de compo. med.

Marcellus.

What is the vertue of Burnete, whych in Sommer tyme is vſed to bee put in bowles, & glaſſes of wyne, ſerued at the table?

Hilarius.

Potentilla.

IT is very pleaſaunt to be putte in cleane Cuppes, Gobblettes, oꝛ pieces, wherein is cleane Frenche wyne: it maketh it pleaſaunt wyth the Juice of Lymondes, and good whyte Sugar: it hath golden flowers, greene leaues, purple rootes of the out ſyde, and whyte wythin, and doeth dzye and bynde, and ſtoppeth the bloudy flyxe very well.

Marcellus.

Spinage.

What is the vertue of Spinage,

Hilarius.

Mollefying.

IT is an herbe mutch vſed in meate, colde and moyſte in the fyꝛſt degree: it mollifyeth, and maketh ſofte the belly, it is good foꝛ them that be hotte and dzye, and ill foꝛ flegmatike men.

Marcellus.

Uinegar.

What is the vertue of Uinegar?

Hilarius.

The pzoperty of Uinegar.

UInegar is colde and dzye, and is hurtfull foꝛ them that be melancoly: but when it is dzunk, oꝛ powzed vpon an outward wound, it ſtopeth the bloud, it alſo killeth hotte apoſtumacions of Eriſypilas: it is an enemy to the Sinewes, Uinegar & Bzimſtone ſoddē together, are good foꝛ

the

the goute, so wash it wyth all. Vinegar tempered with wolle. helpeth a disease called Soda, in the head, applyed warme vnto the place. It is good in Sause, for warme and moyste men. Vinegar with cleane clarifyed Hony, Penidies, and faire water sodden together, doth greatly helpe the paynes of the throte, lunges, and stoppyng of the winde, and quencheth hoat dyseases, And sharpe Vinegar mingled with Salte, and put vppon the biting of a Dogge, doth heale it: and agaynst poison it is excellent, chiefly to drink a little thereof agaynst the Pestilence, in a mornyng.

To helpe the goute.

Paynes in the throte.

Byting of a Dogge.

Agaynst the Pestilence.

Marcellus.

What is the vertue of Setwall?

Hillarius.

Setwall.

It is hoate and drye in the seconde degree, and is good: the pouder therof to be dronke, is moste of effect against the pestilence, except Mithridatum. It is good agaynst poyson, windie, chollerike, and colde passions of the hearte, and doth restrayne Vomites, the wayght of. viii. G. doeth suffice to bee dronke in Ale or Wine, vpon an emptie stomacke.

Theophrastus of Setwall.

Vomites strayned.

Marcellus.

What is the vertue of Melilote?

Hilarius.

Melilote. Sertula, or hinges croune

It hath vertue to ripe, and is more hoater than colde, Melilote Flarsede, Rose leaues, Champhire, and womannes Milke, tempered together, doe make a goodly medicine agaynst the hoate inflamacion of the eyes. If this herbe be dronke in wyne, it doeth mollifye the hardnes of the stomacke and liuer: the most excellent plaster agaynst the paines of the Splene, doeth Mesuæ describe, which is made of Melilote. Vinegar, Roses, and Melilote together, do helpe the headache, it applyed to the forehead in a cloth.

For the eyes, stomacke and liuer.

To helpe the Splene.

Marcellus.

What is the vertue of Tyme?

Tyme.

Hilarius.

It is behemente of heate, wyth dryneſſe in the thyrde degree: Dioscorides sayeth, if it bee dronke with Vinegar and Salte, it purgeth fleume: sodden wyth Honye or Mede, it hath vertue to clense the lunges, and the breast, matrix, raines, and blader, and kylleth wormes. The pouder of Time eaten in Potage, is holsome for the eye sight: Theophrastus sayeth, there be twoo kyndes of Tyme, the one whyte, the other blackysh. There bee no flowers growing in fields or gardēs, better beloued of Beene, then the flowers of Time: and that yere wherein the greatest plenty of these flowers be seene, that same yere Honie doth abound: & when they be scarce, & not fertyl, thē there is litle, or no good hony ỳ yeere. Dioscorides sayeth in his. iiii. booke, that Epithymum is the flower of the harder Time. One vnce of Time dryed, & beate in pouder, mingled wꝫ. iiii of Drimel, & dronk of an empty stomack, before diner & supper, helpeth the stomack, guttes, matrix, and blader: and is good for them that haue red blered

Theop lib. x. Capi. vi.

bleared eyes, and for those that bee tourmented with the goute. Galen commendeth Tyme in his. vi. booke of Simples, so doth Aetius with these commendacions aforesayd. The whiter the Tyme is, with white and purple flowers, the better it is, the blacker ẏ worse. And thus I do conclude of Time desiring God that we may spende the tyme well to his glory, and profite of our neighbour: for tyme cannot be called againe, but by litle and litle slippes away, they which Godly obserue the tyme, in tyme to come, shall receiue the fruictes of theyr owne labours, wyth happy liues, quiet mindes, and blessed endes: whereas the shamefull abusers of time, and mysusers of themselues, although euyll spent tyme, seeme well vnto them, yet theyr liues be wicked, theyr labor fruictlesse, and their ende horrible: as once shall appeare when death doeth come, whych is the end of euery tyme.

Time cannot bee called a-geine.

Marcellus.

What is the vertue of sweete Calamus odoratus, called Calamus Aromaticus.

Sweete Calamus odoratus.

Hilarius,

IT is an excellent sweete roote, and profitable for men, if the Poticaries kepe it not vntill it be rotten: it is hotte and dry in the beginning, & to the middes of the second degree. It hath power to clense, to dry, and to wast all windines within the body, without hurte. Galen doth greatly commend the sauour of it. They that drinke of this roote sodden in Wine, shal haue remedy of ẏ white Morphewe, and recouer good colours in their Faces, and this haue I often proued. It helpeth to cleuse, purge, and dry the water that is betwene the skin, and the flesh: beyng drunk with the sedes of Smalage, Parsely, and Fenel, sodden wel together & strained, it helpeth crampes, and sykenes in the sinewes: being dronke with wine, sodden wyth Sage and freshe Cappers, it helpeth the coldnes of the splene, liuer, and raynes. Also it augmenteth seede of generacion, and purgeth termes menstrual if the pouder be dronke. What is better in Wormewoode, or Sage Ale, then Calamus to be drunke, for them whych haue the dropsie, as Ascites. &c. It wyll expulse and put out sores of the blader, and make the stinkyng vryne to bee sweete: truely it is a noble herbe, but the vertue is in the roote.

To waste winde in the bodye.

A remedy for the White Morphewe.

Seede augmented.

Marcellus.

What is the vertue of Synger.

Ginger.

Hilarius.

IT is hote in the third degree, and moyst in the end of the fyrst, if it bee vncolloured, white, and not rotten, it is very good, most chiefly if it bee conserued and greene, as Mesue sayeth; it maketh warme a cold stomack, and consumeth windes, helpeth euyll digestion, and maketh meate goe easely downe into the stomacke.

Auerhoisin v. in. coll. Mesue in. iiii. distinct.

Marcellus.

What is the vertue of Oyle made of Oliues.

Oile of Olyues best.

Hilarius.

GReene oile of Oliues, is ỹ mother of al Oiles which doeth draw into her own nature, the vertues of herbes, leaues, flowers, fruictes, and rootes: ſweete Sallet oile is wholſome to digeſt colde herbes, and Sallettes, tempered with ſharpe Uinegar and Sugar: newe Oyle doeth moyſt, and warme the ſtomacke, but olde oyle corrupteth the ſtomack and cleaueth to the Lunges, & maketh one hoarſe. Oyle of Roſes, & ſharpe Uinegar tempered together, is good to anoynt the foreheds of them, that be troubled with extreme heate, or frenſye: ſo that Bugloſſe be ſodden in theyr Poſſetale, or els drynke the Syrupes of Endiue, or Bugloſſe. There be many goodly vertues in compounded oyles, both to make hote, and to coole the body, when it is extreme hotte, as the great learned man Meſue, hath deſcrybed in his Antidotarie. Of oyles, you ſhal haue plenty following.

To digeſte colde herbes.

Anerhois commended oyle in quinto de ouis.

Oile of roſes.

Againſte Frenſies.

Marcellus.

What is the vertue of Roſemary.

Roſemarye.

Hillarius.

ROſemarye is an herbe of great vertue hotte and dry: ſodden in wine, and drunke before meate it doth heale the Kynges euyll, or paynes in the throte, as Dioſcorides and Galen ſaye. The ſauoure of it doth cõfort the brayne and hearte, the flowers of Roſemary is an excellent Cordial, called di Anthos, & is good after Feuers, or for Melãcholy men. And ỹ ſeedes drunke in wine, helpe the fallyng ſickneſs, and paynes of the breaſt.

Kinges euyll

The brayne comforted.

Marcellus.

What is the vertue of Agrimonye.

Agrimonie.

Hilarius.

DIoſcorides ſayeth, that if this herbe with Swines greaſe, bee ſtamped together, and layed vpon an olde rotten ſore beyng hote, it hath Uertue to heale it. The ſeede of thys herbe drunke with Wyne, it is good agaynſt the bytyng of Serpents, ſtoppyng of the Lyuer, and bloudy flixe. The Syrup of it is good to open the lyuer,

Old ſore.

Biting of Serpentes.

Marcellus.

What is the vertue of Mugworte.

Mugworte.

Hilarius.

MUgwort, Fetherfew, and Tanſy, be very hote and dry in the ſecond degree: Mugwort, Spurge, & Oile of Almõds, tempered plaſterwyſe, and applyed cold to the ſicke payned ſtomacke, wil bryng health. It is good in bathes, ſayth Galen, it is wholſome for women: it clenſeth, warmeth, cõforteth the matrix, and breaketh the ſtone. Plinie ſayeth, it is good againſt byting of Serpents, and hollome for trauayling Men, if they carry it, it lyghteneth them from wearines. Tanſye doeth kyll and caſte Wormes from Chyldren, drynke wyth Wyne: a colde playſter ſtamped, and layed vppon the Bellye of a Woman, whoſe Chylde is deade wythin her, it wyll ſeparate the deade Chylde, from the lyuyng Mother. Galen ſayeth in hys fyrſt booke of Simples, there bee twoo kyndes of Mugworte, The one is commonly knowen to vs, the other groweth

A payned ſtomacke.

Breakyng the ſtone.

Killing worms in childre

A preſẽt helpe of a dead chyld

To neeſe,

groweth nere the sea side: they be both of singuler vertues, theyr waters being stilled, theyr Syrupes prepared, bee very wholsome for the corrupted, or stopped Matrix, and also the herbe is good for bathes, in such purposes for Women. This hearbe was first found of a Noble Queene, named Artemisia, wife to Mausolus kyng of Caria, who was both learned in herbes and plants, chaste of Life, comely of person: and so loued her husband, that when he was deade, she made a Sepulcher, which was so excellent, costlye, & rich, that it was compted to be one of the wonders, and greatest maruailes of the World, she called this herbe Latifolia, & Tenuifolia, after her owne name.

Artemisia.

Marcellus.

What is the vertue of Parsely, and Saxifrage?

Hilarius,

THey haue vertue to breake the stone: Parsely is hote in the second degree, and dry in the middest of the third. The seede drunke with white wine, prouoketh the menstrual tearmes, as Dioscorides saieth: also Smallage hath the like vertue, as further appeareth.

Marcellus.

NOwe saye on, and shewe to me, my good Maister, I pray you of Elleborus the white, and of Elleborus the blacke.

Hilarius.



Lleborus Candidus. which causeth vomites, very strong and daungerous for conuulsion, is called Albus, because the roote is whitish, it hath long stalkes, reddish leaues, with ribbes in them, in the forme of Planten leaues, many yellowe flowers growinge vpon stalkes by themselues, and growing in colde Groundes. The rootes muste bee gathered in Haruest: and this herbe is hote and drye, in the third degree. And is perilous to bee giuen, to women with childe, olde folkes and Children, or to tender people, or in Winter, but in sommer onely, and before supper. But one dragme, put in Milke or Furmentie but fyrst do thus. Cutte a Radish roote in the greate ende, cleaue it ouerthwarte: then put your Elleborus Albus into it one whole night, or twelue houres, then presse it hard, this wil not onely take the venome from this Elleborus, but also giue it vertue, that it shall not hurte nature, or put the body into daunger, when vomites approch. This wil helpe the fallyng sickenes, Vertigo, Melancholy, madnes, white Leprosie, windes in the guttes, Dropsye, Timpany, Goutes Quartens, Coughes, and many such lyke, and prouoke neesynge. &c.

How to correct Elleborus albus.

Of Eleborus niger.

Elleborus niger, is called Melampodion, not only for the blacknes, but of the inuenter who was called Melampus, a keeper of Goates, It is hote and drye in the third degree, & is planted in the Gardē, & is called Beares foote: blacke, rough, hearie rootes, like the bush vpon the breast of a Foule, whych we call the Cocke of a Turkaye. It hath all the vertues that the white hath, & more: thre peny waight in pouder drunke, casteth forth Wormes, clenseth fleume, melancholye, and dropsye. And it wyll clense the matrix, and expulse, or caste forth the deade Chyld. It is good for Pessaries for Women: the Iuice is good

for

for to be put into the eares agaynst Defnes. In plasters, it killeth wormes: the iuyce thereof helpeth horses of the bottes, and Swine that be infected. Or els if it be put into their eares, it will helpe them, when they be payned in their heades. No beastes dare eate thereof it is so bitter, nor foules, but only Quayles: As Aristotle, Auicen, Galen, & Lucretius affirme. These herbes be wholsome in outward plasters, to clense melancholy, & to dry fleume.

Marcellus.

What is the vertue of Centaury, or fell terræ?

Hilarius.

PLINIE sayth, that the syrupe of this herbe, drunke with a little Vinegar and Salt, doth clense the body: the Leaues and flowers be of great vertue, to be sodden and drunk agaynst all raw humours of grosse fleumes, watery, or windy. It doth clense cruent or bloudy matter, within the bodies of men or women: the pouder of this herbe, is good in pessaries for women, causing the dead childe, to depart from the mother And is wholsome agaynst the Pestilence, in the tyme of Winter: and is hoate and dry, and of two kindes, and healeth both olde and newe woundes, as Galen writeth ad Papiam, of the vertue of little Centaury. This herbe was founde with his vertue, by that olde noble clarke Chyron Centaurus, the inuenter of Herbes, Astronomy, and Musike.

Marcellus.

What is the vertue of penirialle?

Hilarius.

IT is an herbe of mutch vertue and profite, hoat and dry in ỹ thirde degree: Dioscorides sayth, if this herbe be sodden with Hony, and Aloes, and drunk, it will clense the Lyuer, and purge the bloud most excellently: it helpeth also the lunges. Simeon Sethj sayth, if a womã drinke it with white Wyne, it will also prouoke, and clense the termes mẽstruall. And is also a very wholsome Potherbe, and mutch vsed amonge Pudding makers: which was inuented of some Phisicion, because of the warmnes & goodnes agaynst melancholy. The iuice with Vinegar, put into ỹ nose, is good agaynst the Fransy, or Lunatike sycknes.

Marcellus.

What is Lichen called Lyuerwort, that groweth in Welles, darke colde places, and rockes?

Hilarius.

WIthout all doubt Lichen doth so grow in darck places, and is called Lyuerwort: for it is good agaynst the sickneſſe of the Liuer, it is colde and dry. Yet it hath a watery humour, it is vnpleasant in sauour, it stoppeth the bloudy flixe, it healeth a ryngworme, sayth Dioscorides: & stamped wt Hony, it helpeth the yellow Jaũdice, if the mouth & Tongue be anoynted therewith. The iuyce stoppeth woundes from bleding: Galen & Plinie agree to the same.

Hepatica lichẽ called Lyuerwort.

Dioſco. lib. 4. Cap. 48.

Marcellus.

What say you then of the herbe, belonging to the Lunges,

Charles Goatley his Book
1740

called Lungwoꝛte?

Hilarius.

Lungwoꝛte because it is like ẏ lunges of man.

LEonardus Fuchſius ſayth, Pulmonaria doth grow out of the Oke tree, oꝛ ſtony places, hauing ſoft leaues, the vpper ſide greene, and the neather whitiſh, with little ſmall bladers vpon ẏ crumpled leaues, and the whole lumpe of this herbe, ſayth he, is like the Lunges of mankinde. It is dꝛying and binding, and not colde and moyſt, as ſome doe affirme: and the reaſon is, becauſe it groweth from the Oke, which is of ẏ ſame nature, and temperament. And this herbe doth cloſe newe woundes togither: moſt chiefly it helpeth the Lunges, oꝛ ſpitting of bloude, and ſtoppeth termes immoderate, & the bloudy flure. Mary Matthiolus ſayth, that Lungwoꝛt hath leaues like to Bugloſſe, ſharp, rough, white ſpottes, purple flowers, very like to the great Dogges tongue. It hath the ſame vertue ẏ the other hath, & woꝛketh one effect: theꝛefoꝛe it is no errour, to call theym both a like, Lungwoꝛte, oꝛ Pulmonaria. Specially, becauſe two great learned men, ſo call them of their elders and vertues. The laſt Lungwoꝛt. dyd Iulianus Maroſtica, a noble Phiſicion vſe to ſeeth in water, to the one halfe, putting in Sugar, and made a ſimple ſyꝛupe theꝛeof to giue his pacients, to ſtop ſpitting of bloud, and to heale ſoꝛes of the lunges.

Super Dioſco. lib. 4. Cap. 48

Iulianus Maroſtica his ſirupe foꝛ ẏ lunges.

Marcellus.

What ſay you then to Mercury, what is the vertue theꝛeof, and why is it ſo named?

Hilarius.

Mercury.

THis auncient inuented herbe, was founde of Mercurius who floꝛiſhed about. *164.* yeres, befoꝛe Chꝛyſtes byꝛth. He was ẏ ſon of Maia, this man was afterward called one of ẏ Gods, foꝛ his wonderous wiſedome, and inuention of Muſike, and other Artes. He among al other herbes, ſo loued this, that he foꝛ ẏ ſinguler goodnes theꝛeof, called it after his owne name Mercury. Whereof there be two kindes, Male and Female: the firſt hath blackiſhe leaues, the ſecond whitiſhe: they be hoate and dꝛy in the firſt degree. Dioſcorides ſayth, that theſe doth moue the benefite of the Belly: they be very good foꝛ women after their naturall termes be paſt, to dꝛinke either in ſyꝛupe, oꝛ decoction, to helpe conception. The male Mercury foꝛ men, the female foꝛ women. This Mercury is very good in Cliſters laratiue: we cal Rumex Mercury, which hath golden Sandes vpon the backeſyde of the leaues, whych is alſo ſolutiue, and beneficiall foꝛ the belly. Sodden wyth Mallowes, it purgeth the Belly, and expulſeth fleume, but it anoyeth the ſtomacke, as ſayth Plinie.

Mercury helpeth conception.

Marcellus.

Mallowes.

MAllowes ſo called, ab emollienda aluo nomen traxit, it taketh his name of mollifying the belly: and they be good with Lettice, parboyled and eaten in fyne Sallet Oyle, to mollify the belly.

Mallowes for nature be very good,
To relaxe the belly, and purge the bloud.

Hilarius.

Dioſco-

DIoscorides and Galen say, there be two kindes of them, one of the garden, which is great wyth flowers like Roses, called Bismalua, and the lesser kinde of the fielde & wood: this herbe is commonly knowen. The more that Mallowes be watry the lesser they bee of vertue, & the dryer the seedes are, the more they be of strength. And Mallowes be moyst and slimy of nature, relaxing the belly, but hurtfull for the stomacke, sayth Dioscorides: the leaues wyth Salt and hony eaten, heale the paynes of the throate, called Angina. But vsed in woundes or sores, put in no Salt, they heale the stinging of Bees: they be excellent good in Clisters, to purge the belly, raynes, and stone. The roote sodden and drunke, and eftsoones vomited, doth preuayle agaynst poyson: the leaues stamped, and tempered in oyle, do take running vlcers from the head. And sodden in vryne or pisse, do take away skurfe, skabbes. &c. from the Face. The roote sodden soft, and layed warme vpon a Womans breast, with blacke woolle, doth heale the same, when it aketh, burneth, swelleth, or is harde. So wyll the leaues, one handfull sodden in Oyle and Wyne, purge Women, sayth Plinie. The leaues sodden in Wyne, warme applyed to the mouth of the matrix, after deliueraunce of the chylde, do stay the falling downe, and maketh softe. They are good agaynst the Feuer, called Sacer ignis, the holy fire, which we call sayncte Anthonies fire, sodden in Oyle & Vinegar, and applyed to the member, where as it burneth. The Seedes drunke in Wyne, doe clense the Stomacke from noysomnes, and rotten stinking fleume and melancholy. The Juyce of Mallowes, often tymes drunke, helpeth the falling euill, and also clenseth ỹ Lunges, and causeth one to speake cleare, sayth Simeon Sethi.

Galen. Li. vij. simplis.

A medicine for Womens breastes.

There is also an other Mallowe, called Althea, Althos doth signify medicine, or remedy: this Mallowe so named, is excellent in vertue. I thinke it to be that, which we call the French Mallowe: the leaues and the flowers be hoat and dry, in the first degree, and so be the rootes in the beginning of the second degree. Sodden wyth Swines grease, Goose grease, and Terebintin applyed to the belly, do aswage the greeuous swelling, burninge, or inflation thereof. The same medicine doth open things venemous within the members, that be stopped, sayth Dioscorides. Seeth the roote in wine, and drinke this Wyne, it prouoketh vryne, clenseth the Raynes, easeth the stone, and is good for Ischias, called Sciatica, ruptures, and the bloudy flixe. Galen sayth Lib. vj. Simpli. medicamen. the Seedes be good for the stone and Raynes: the rootes sodden, do stop the bloudy flixe. Theophrastus sayth, to be drunke in sweete Wyne, it helpeth ruptures, and the cough, and wyth Oyle, it healeth vlcers. And sodden wyth flesh it doth conglutinate, or ioyne together thinges separate within the body: and yet it digesteth, looseth, and concocteth crude matter, sayth Galen. The leaues sodden in whyte Wyne, quenche the heate, & abate the swellyng of a womans breast. Who is able to giue more cõmendation or prayse to any herb, than to thys herbe, for the singuler medicine called Dialthea, which is in ỹ booke of Cõpoundes?

Althos, do signifie medicine

Dioscori. lib. 3 Cap. 146.

Plini. Lib. 19. Cap. 4.

Wallowes bee commended of all good Wryters. Plinius sayth, that the Wallowes in Arabia, within seuen monethes be fertill, & lusty in growing. that they be as bigge as staues forthwith, he calleth them trees. Furder he writeth a maruelous history of a Wallowe, which was monstruous to behoilde. There was sayth he, in Mauritania, sometime a garden (where Hyesperides which were the. iij. daughters of Atlas, which kept ỹ garden) wherein grewe Orenges, called the Golden Apples, taken away by Hercules: in this Garden grewe a Wallowe, twenty foote long: and no man was able to fadome the same. Sutch like Wallowes growe in Inde, and thus I ende of Wallowes, good friende Marcellus.

Marcellus.

Curst fellowes, and taunting Marchaunts, will say in derision, skorne, and mockage, when they be angry with others: I care not for theym, no, not a Rushe: is a Rushe of so small an estimacion, and nothinge worth, as it is counted?

Hilarius.

Sir Thomas Rushe.

Rushes doe growe in Fennes, and dry groũdes, and be commonly knowen. And I my selfe did know a Rushe growing in a Fenne side, by Oxforde in Suffolke, that might haue spent three hundred Markes by yeare. &c. Was not this Rushe of good estimation? A fewe sutch Rushes be better, than many greate Trees & Bushes. But Marcellus thou doste not know that countrey, where sometyme I did dwel, at a place called Blarall, neere to that Rushe Bushe: I would all Rushes within this Realme, were as riche in value: it would make a florishing common wealth, and mutch plenty, no Beggers, but riches, and a golden Worlde.

Marcellus.

Pouerty is better among the common people, than aboundaunce of riches.

The olde prouerbe is, Wishers and Woulders, be no good householders: And if there were sutch plenty, fare well labour, art, learning, and obedience: But neede is the pricke and whip, that causeth the Plowman to trauell, the Mariner to sayle, the Scholemaister to teache, and to conclude, euery man to labour in his calling, through which labour, and industry, the teaching of youth, the gouernement of age, the building of Cities, the mayntenance of good lawes, the rewarding of vertues, the punish ment of vices, the defendynge of enemyes, and rewardinge of freindes, and obedience to Princes be mayntayned. Whereas through sutch aboundaunce, all were cast away, and euery man would be a mayster. Euery one would disdayne seruice, and so at length, all should be tourned into slauery, and the harmony of the Common wealth, should be chaunged into horrour, whereas no order is. Example, if all the Pipes in ỹ Organes, were of one tune, or one degree, vnpleasaunt were that Musike. But here will I stop, and lay a strawe, and fall into my byas agayne. I pray thee aunswere me, what a very Rushe is, which groweth in the fielde?

If harpstringes were of one degree, vnpleasaunte were that harmony.

Hilarius.

Com-

COmmonly knowen, and of sundry kindes, as Rushes growing in Riuers, and running streames: as there be great plenty rounde about the Isle of Ely, my native countrey, whereof the playne People make Mattes, and Horse collers of the greater Rushes, and of the smaller they make lightes or Candelles for the Winter. Rushes that growe vpon dry groundes, be good to strewe in Halles, Chambers, and Galleries to walke vpō, defending apparell, as traynes of Gownes, and kertles from dust. Rushes be olde Courtiers, and when they be nothing worth, then they be cast out of the doores, so be many that do treade vpon theim. A Rushe is called Iuncus, that is a Bull Rushe: the Rushe bearing blacke seedes, is called Atrifer, whose seedes drunke in Medicine, do stop flixe, and termes immoderate: and the same seedes be good for to cause sleepe. Galen speaking of Iuncus, sayth that some bare seede, which is good in medicine, that is, to bring sleepe. The other that haue no Seedes, be vnprofitable. Dioscorides sayth, the seedes of ỹ Rushe of Inde do bring sleepe, vsed in pocion.

Olde Rushes and old courtiers, be past pleasure.

Libr. viij. simplici. medica.

There is also Iuncus odoratus, of two sortes, Plinie doth call the first Triangularis, it smelleth as sweete as the Rose, when it is broken. An other Rotūdus, the Apothecaries doe call it Squinantum, and groweth in Africa, but yet Dioscorides is of this mynde, that the best growe neere to Babilon: because this Squinantum is an Englishe herbe, vsed onely of the Apothicaries, wee haue it lyke Ote strawe, and is called Iuncus. The flower is Anthos, as all flowers be so named in Greeke: this herbe, flower, or roote, drunke with Peper, do helpe the Dropsy, being vsed: and is good for the lunges, splene, and Raynes. The roote of Squinans herbe, is hoat and dry, and is good against wynde, collike, dropsy, fleume or crude rawe matter in the body, or any member of the same beaten into pouder, and drunke in wyne.

Dioscor. li. prio. Cap. 16.

Marcellus.

OH how sweete and pleasaunt is Woodbinde, in Woodes or Arbours, after a tender soft rayne: and how frendly doth this herbe, if I may so name it, imbrace the bodies, armes and braunches of trees, wyth his long winding stalkes, and tender leaues, opening or spreding forth his sweete Lillies, like ladies fingers, among the thornes or bushes? Is thys Woodbinde so profitable, as pleasaunt? I pray you tell mee.

Woodbynde.

Hilarius.

WOodbinde is called Siluæ mater, Caprifolium, Lilium inter spinas, Periclymenon. This herbe is so commonly knowen, that I neede not discribe the forme thereof: for thou hast done wel there of thy selfe. But to the vertue of this Woodbinde, in temperament or nature, it is vehemently cutting and drying, as Galen sayth, Lib. 8. Simplic. medicamentorum, the leaues bee sower. The oyle of this is good to anoynte any parte of the Body, that is numme or very colde: and the water is good to be drunke agaynst pissing of blonde. And also the Syruppe is good for the Lunges, or one dragme drunke in wyne, is very good for the Splene, that is stopped, or

Sondry names of Woodbinde, as Periclimenon, because it windeth aboute ỹ next trees and Bushes, that it groweth vnto.

corrupt Lunges. And there is nothing (in oyntmentes for woundes of the head) better than this Woodbinde: and Woodbinde water is holsome for sores in the Throate and mouth. And it is sayd, that women, which vse to drinke plentifully, or mutch of thys water, are by the vse thereof made barren.

Marcellus.

THere is a long winding weede, hauing the property of Woodbynde, in spreding, winding, and imbrasing, or lasing, Bushes, braunches, and hedges: the Leaues somewhat lyke Iuie, and Flowers lyke to white Cuppes, or Belles, what call you it?

Hilarius.

The Bell Woodbinde Smilax. Dioscorides Lib. 4. Cap. 35

THis is called Helxine, Smilax, or Campanella, or the Bell Wodbinde, Antonius Musa sayth, the leaues in likenesse, colour and forme, be betwene Mercury and Plantein. But Dioscorides sayth, they be lyke Iuie, and the Iuyce of the leaues drunke, or sodden in Wyne, doe make the Belly laxatiue: and nothing els can I report, but that it is noysome among herbes and Flaxe.

Marcellus.

WHat is the vertue of Senturion, which groweth almost in euery Medow, in May, and June? It hath sweete pleasaunt purple Flowers, and of diuers colours, and is soone gone after June commeth in.

Hilarius.

Testiculi canis Dogs stones

THis herb hath sondry names, as testiculus Canis, or Orchis, or in the Greeke Cynosorchim, Serapias, or Dogges stones. In the Bysshoprike of Durisme, in a place called Warrell shyre, the people doe call it Crowfoote, although Crowfoote be another herb. This Testiculus, or sauing your reuence Ballocke Flower, hath two stones, and named Orchis, an other three stones, which is called Triorchia, with many spotted leaues, like a Snake. These be of kindes, Male, and Female, great & little, of both sortes. Some will haue Satyrion, which you call Senturion & Dogges stones, both one: but they do erre, and mistake the matter, that make no distinction betwen them. For there is distaunce betwene them, by the iudgement of the Eye: although that in vertue, they be not mutch vnlike, and thus saith Petrus, Andreas, Matthiolus, vppon Dioscorides and he doth proue it by this reason: the rootes of Dogges stones be like other beastes stones, they be long, two hanging one higher then the other, that whych hangeth beneath is full, & will sinke in water, the other stone is hollowe, and will swimme. And this conclusion did one mayster Jhon Sharman, an auncient good Practicioner of Northfolke, shewe me long since: but the stones of the Satyre be round without greene, within very white, when the rinde is of, and swelled great, leaued lyke to ỹ garden Lilly, but smaller, bending to the ground: sone broken, and three leaues in number. Then there is an other of the kinde of testiculi called Palma Christi, whose rootes be like hands, wyth fingers Auicen calleth

Libr. iij. in Cap. 124. 125 126. 127.

Satyri are beasts hauing a heade lyke a man, & body like Goates and are named Gods of the woodes, and they first foũd this herbe of Venus, to stir vp carnall lust.

calleth them golden fingers, and be of nature of the greater testicles. The greater testicles be hoat & moyst, and eaten, eyther in Goates milke, Dia, or Syrupe, they will prouoke abundantly to Venus. But the little kynde, eatē eyther whole or in pouder, do quench, coole, and withstand the sayd Venus: and bringeth to same nature, colde, trembling Saturne, whych is colde & dry. But Galen sayth, Satyrium or Satires stones, be hoat and moyst, sweete to taste vpon, and doe as the great testicles, and moze abounduantly, and be good agaynst running of the raynes, and consumption. &c. Gieuen to the frentike body, or one whose sinewes be weake in hand, in Palsy it helpeth them: The seede. ℈. j. fine in pouder drunke in wyne, morning and euening, or diner and supper, vsed a long time, healeth the falling euill. Nicolaus Florentinus sayth, it helpeth the quartayne, and it stoppeth the bloudy flire, sodden in red wine, and healeth stinking vlcers, made in a Playster. Diasatirion is made of this, which is of vertue most excellent, as appeereth in the compoundes.

Marcellus.

What is the vertue of Ligusticum, called Louage, with the long blacke seedes, and long white rootes?

Hilarius

THe herbe is great, with large braunches, stalke & leaues smelling mutch like to Smalage, but mutch sweeter: it is called Ligusticum, because it was first found in Liguria, and we cal it Louage here in England, ỳ Italians call it Ligustico: the roote, herbe, and seede, bruised and sodden in wyne, or in the decoction of Ptisane, or Barley water, will clense the lunges, open the vesselles of the bryne, prouoke termes, or secret infirmities, heale woundes: being sodden and applied to Phlegmon, or hardnesse in any outward member, the seze is made softer. And warme applied in the maner of a plaister to the Belly of a Woman whose Chylde is deade, eftsoones it is sent forth from natures most secret Chamber. And the seede finely beaten in pouder, put in to some wholsome thin broth, or wine of a percing nature, doth skower the Raynes, clense the splene and amend the lyuer, expulseth the secondes after the birth of chilozen, and dryueth forth winde. Plinie sayth, that the seedes will stop the belly, and is good agaynst the byting of Serpents. &c. But the Seede eaten alone, prouoke vomites, and sometime therefore, sayth he, it must be giuen with Rewe, and so the seede is good for the dropsy. The rootes soddē and the decoction drunke, is very wholsome for the Femenine kinde, for ỳ matrice, belly, precordials, and breast: It warmeth and maketh good concoction. Thus I conclude of this Ligusticum. But Galen sayth, there be two kindes of them, the one he calleth Smirnium: the other doth grow in the mount of Amano, called Hippoſellinum, which is called Smalage,

Fuchsius 3.

Liguria is a part of Italy from the hill Apeninus, vnto the Tuscum Sea. Dioſ. li. 3. ca. li

Fritius Cordus calleth this cōmon Angelica, but Manardus Epist. lib. xij. Epist. iiij doth cal it Alexander, Ruellius calleth it Louage Galen. lib. 7. simplici.

Marcellus.

What say you to Apium, which is called Smalage?

Hilarius.

THis herbe is named Hippoſellinum, the great Persiley of Macedon, whych we name Smalage: other say, it is Olus atrum, which is Alexander. Some call it Smyrnion, Marcellus and Brasauolus doe seeme eyther to

The vertue of Smalage, Louage, Alexander, Persi-

Iep is to open places, which stop vrine and winde.

mistake, or els vntruely to reporte of this Hippoſellinum. For they saye the leaues bee roughe, and the roote blacke: But Dioſcorides Lib. iij. Cap. lxiiij. doth saye, the roote is white and sweete, the leaues bee not rough. But Galen made very little distinction, betwene Hippoſellinum, and Smyrnium: but this is one kinde of persiley, the horse Persiley, or the Mountayne Persiley. Seseli, Smyrnium, Imperatoria, Elaphoboſcum, and Alexander, al these seeme to be Perseleys. Some greater, and of more puissancy than other: some called Wyld, some tame. As garden Persiley, mountayne water, wood, or hedge Perseley &c. and all these haue power both in roote, stalke, leafe, and seede, to open the vaynes, bladder, and to bee put in euery Antidotarie, that moueth vrine, breaketh stone, or clenseth grauel. Or against collike, or stopping of the splene, with aboundaunce of melancholy. Sodden in oyle any of these rootes, or Seedes drunke, they cast out strong venome or poyson: but the seede is the strongest part of the herbe. They be good to be put into Cliſters for the stone, or torment of the guttes: and in pultaſes, for swelling of the legges or armes. And all these be good agaynst the stinging of Serpentes, and feuers: swelling in the stomacke, or dropsy, both in plaister, Cliſter, or drunke with cleane white wine, or Ptisan.

The vertues of Perſileis.

Marcellus.

There is a stinking weede called Dogges tongue, wherefore is the same weede good?

Hilarius.

IT is no weede, but a very good herbe, and is called Lingua Canis: Ruellius and Fuchſius doe erre sayth that famous man Matthiolus vpõ Dioſcorides, in calling Dogstongue Lycopſin, for it is not so named, but Dogstongue. And there be ij. kindes of them, as sayth Matthiolus in Dioſcoridem, lib. 4. cap. 12. which about Adryans dayes the Emperour, were found in ỹ sands, neere vnto Rome. This kinde of Dogstongue, hath neyther stalke, flower, nor seed, but out of one roote, there springeth leaues, lowe by the ground, in the compaſſe of a little weele, like Beane leaues, somewhat whyte, & wyth tender soft wolle. This herbe, sayth Petrus Andreas Matthiolus, is like a widdow hauing no children. But there is an other Dogstongue, which hath rough seedes, with prickes in the middes like vnto Targets: which seede sodden and drunke, healeth tertians and quartens, and these smell like eche other, and be colde and dry in the seconde degree. And stamped with olde Swynes greaſe, do make a plaster for a Dogges byting: It healeth olde and newe cruent bloudy woundes. And mingled wyth hony, it preserueth the hayre from falling, and will quench burninges, tempered wyth Vynegar, and sodden in red wyne, eyther drunk, or made in a plaster. It stoppeth the bloudy flixe, and restrayneth Gonorrhęa, or diſtillation of the Seede, called nature, vlcers, skabbes, pore, or lutch like. But the first Dogstongue is the best to make Pilles wythall, for the reume and Catarre. Galen maketh no mention of this, but Dioſcoris and others doe.

Cynogloſſum. Dogstongue. But Lycopſis is a kinde of Dogstongue, and called Anchuſis. Dioſcorides. Lib. 4. Cap. 24.

Fuchſius &

☞

Marcellus.

Dioſ. li. 4. Cap. 127.

What is the vertue of Hippogloſſum, which is called Laurus, or Horse tongue

tongue, as I haue heard say, by one that read me a peece of Dioscorides?

Hilarius.

THis herbe, or small stirpe, is called Laurus Alexandrina, or Daphne, the Englyshe people call it the laxatiue Laureola. It dyeth not in Winter, it shyneth like Iuie, or Bayes, but is whitish. It beareth the berry within the leaues, red: it is hoate and dry of nature. If .ɜ.4. or .ȝj. be sodden with Symphytum, called Cumphory, in Wyne, and so strayned and dronke, it will purge the belly. A little pouder of this, is gieuen to children in potage, to take away the abundance of humidity, & kil wormes. It maketh quicke or speedy deliueraunce, in childbirth, secondes, and termes dronken three peny wayght, two or three tymes sayth Plinie; Galen affirmeth that it forceth vryne. The leaues stamped, and bounde to the heade, take away the payne, sayth Dioscorides. Wyth this herbe, did that most noble victorious Alexander, sometyme tryumph, and his Captaynes, he wearyng the Diademe. And sometyme the best herbe of thys kynde, did grow vpon the Mountayne Ida, neere to the dolorous Citty of Troy in Phrigia. Lib. 4. Ca. 127

Marcellus.

What say you to Sanicula, called Diapensia, or the greate fyue leaued leaues, and other fyue leaued herbes? Sauicula and quinquifolium

Hilarius

AMong the herbes for woundes, this is mutch praysed, and doth heale woundes equally, wyth any other healing flower, roote, or leafe. The Toppes of this herbe, are not mutch vnlike Straburies, somewhat whitishe, and is called Sanicula a sanandis vulneribus, of healing woundes. It groweth in darke places in May, and is bitter, hoate, and dry in the seconde degree: the syrupe or iuyce of this herbe, is very good to be gieuen to wounded men, Women, and children, in small Wyne, or their other dryncke. For it taketh effect both to heale, both within and without the body: if it be applyed hoate, vpon a swelling part or member, it will asswage the same speedely. The iuyce thereof is good also for Oxen, milche Kyene, and horses that be brused, or wounded: gyuen eyther in their drinkes, or applyed to the hurt member, or place. There is no speedier remedy to help the lunges, than this herbe sodden, and the decoction dronke vpon an empty stomacke. And what soeuer Cumphorie, called Symphyton, can doe in woũdes, the same can Sanicle called Sanicula. It stoppeth the bloudy flixe, or helpeth him that hath taken to stronge a purgacion, and stoppeth the immoderate running of the raynes: now besides this Diapensia, wherof we haue spoken, there be hir kinsfolkes, called Pentaphillon, or Quinquefolium, whych hath fiue leaues in number. There be three sortes of them, the greate, the meane, and the little: these be commonly knowen rather by the formes among the common people, than by their singuler goodnesse, which in deede they haue. As Dioscorides sayth, lib 4. Cap. 38. the rootes well sodden, and the same decoction dronken, helpeth the tertian, and the Mouth washed warme wyth the same, and so kept in the mouth, it taketh the paynes from Sanicle healeth woũdes. Sanicle is good for Horses & Kyen.

the

A good gargarisme, to washe the throate.

the teeth, and stinke, filthe, and vlcers from the same, and is wholsome in a gargarisme, for paynes in the throate. And if the leaues be well sodden, or the iuyce, with Endiue or Planten water and the same drunk eyght daies, helpeth the yellowe Iaundice: in quotidians & quartens, this herb helpeth sodden in posset Ale. Also for the falling sickenesse, bicause it is hoat and dry, in the third degree: sodden in Vinegar, it killeth a Tetter or ringworme, it healeth the fistula, tempered with Salte and Hony, and stamped together, and put into the place or hole: The syrupe of this, drunke. xij. tymes, healeth Angina, or swelling in the throate, and stoppeth the immoderate flure of the Belly, and termes.

Fragraria Comaron or the Strawbery, of the sweete odour, so named.

Mayster Andrewe Matthiolus, in his commentary vppon Dioscorides, coupleth Fragraria, called Strauberies, with these fiue leaued herbes. Although the sayd Straubery haue but three leaues, cold in the first degree, and dry the second. The leaues and rootes, will heale Woundes and vlcers, and a flure of bloud, and termes, it prouoketh vrine, and helpeth the lyuer. If they be sodden in cleane white Wyne, they do clense the raynes and bladder: & will clense the mouth, and strength the teeth, when they be lose. The distilled water of Strauberies, will clense the darke mistes of the eyen: and also quenche heat in the face, and take away red spottes. And the same water is wholsome to delay Wyne at dinner and supper, specially for cholerike persons in Sommer. The berry it selfe being ripe, is partly hoate and dry, so some learned do affirme, but being not ripe, they be colde & dry. These ripe beries strawed into cleane clarifyed Hony, and put in the pouder of whyte Peper, do helpe them, which haue short winde, and payne or strayghtnes in their breast or do vse mutch sighing, sayth Paulus Ægineta. There bee two kindes of Strauberies, the greater, and the lesser. Also Rubus idæus, alowe Bramble, called Ribes, or Raspes, a bery like to the Straubery: these beries stop a flire, sodden in red Wyne, and drunke oftentymes. Nothing may be compared to them in that case, and they quench sayncte Antonies fyre. The leaues stamped, sayth Dioscorides. Lib. 4. Gap. 34. do heale the Hemeroydes, to anoynt the place therewith: and also the vertue is to clense and dry. And this fruite or leafe, doth heale the sores in the mouth, and do close woundes new made with any weapon: and this fruicte stamped, and applyed plaster wayes to the stomacke, helpeth presently Cardiaca passio, and hoate paynes in the stomacke, and the burning paynes of the eyes, when the sayd eyes be almost starte forth, as they terme them, through great vomits, fal, foote-baule, leaping. &c. And they also kill these foule vlcers, that crepe through ỹ skin, growing vpon the head. The flowers of them, with fyne clarified Hony, put into the eye, doe cleare the sight, and quenche heate, and dry vp water contayned in them. And of these Ribes called Raspis, be two kindes, the one wyth sharpe prickes, which be not so effectuall and good, as the other with tender prickes. And thus I ende of these beries, which haue the vertue of the Mulbery. And thus doth that olde famous Egyptian Knyghte and most learned man in herbes that euer was, wythout all comparison, called Phacas or Dioscorides wyte, he was subiect to Cleopatra the queene of Egypt, and to Antonius, and learned to know herbes in their kyndes most truely,

To clense the face.

For a short wynde.

For to heale the Hemeroydes.

For Cardiaca passio.

For red eyen.

Dioscorides. being an Heathen man, served his prince in battell, and yet learned ỹ

truely, and commended these herbes and berries afore sayd, whose workes be greatly aduaunced, and most cunningly handled nowe, by that famous learned Phisicion Petrus Andreas Matthiolus Senensis. Anno salutis. 1558.

knowledge of herbes: But many professing the name of Christ, will neyther serue ỹ one, or learn the other, seruauntes to idlenes, & abusers of tyme.

Marcellus.

What is the vertue of Arum, which we in Englishe cal Cockowe-pintell? And some call it the burning herbe, or dragons mace?

Hilarius.

THis herbe is commonly knowen, it groweth in the Springetime, leaued like Dragons, in moyste and dry places, and of natuure is hoat and dry in the first degree, and so it is without doubt in the third degree. The vertue of this Leafe, Seede, or roote, tempered with Cowes dunge, is good to make a plaster agaynst the Gout, sayth Dioscorides. Plinie sayth the seedes thereof fynely beaten in pouder & tempered with clene oyle, helpe the sorenesse of the eare dropped in, the iuyce healeth polipus in the nose: and mingled wyth cleane Hony, it clenseth the darknesse of the eyes: and sodden hoat wyth oyle, it healeth Hemeroydes, as Plinie sayth, as I haue proued the vertue thereof often tymes.

Aron called Cucko pricke.

Marcellus.

What is the vertue of Maydenhayre, Called Trichomanes?

Hilarius.

IT is an hearbe betwene hoat and dry, if it be sodden in Wyne, it breaketh the stone: it cleanseth the matrixe, bringeth downe the secondes, as Dioscorides and Galen say, the syrupe of this helpeth ỹ splene and lunges, the best doth growe vpon hard rockes. Great plenty groweth about Chiueat hilles in the North, called Ordo Lucis: so doth Adiantum, whych is of the same vertue.

Maidē hayre.

Marcellus.

THat herbe which you do call Symphytum or Cumphory, you sayd before, Saniculum is equall with it. By this I do gather that this Cumphory is then equall with Saniculum. Wherein is their equality, in sauour, taste, or other vertues, I pray you tell mee?

Hilarius

NEyther lyke in forme nor taste. First in forme the leaues bee lyke Bugloss, yea, or rather to Solanum, called the great night shade leaues, the rootes great and blacke without, and white within, flowers yelow. Secondly, the sauour and taste not pleasant, but ỹ vertues agree in this poynt, to heale woundes, yea broken bones, because they haue power to draw forth, and also to glew the seperated flesh together: it groweth in Rockes, euen so doth it in Gardens, it is of two kinds. &c. and is hoat and dry in the seconde degree. This herbe will draw forth filth from the Lunges, if it be sodden in sweete Water, and so drunke. And will effectually stop the blouddy flixe in men, and menstruall termes, when they do abounde in women immoderatly. This herb assuredly doth heale men, when they be fallen from some high place, if the fall be not deadly. The lyke

Symphytum.
Solidago.
Cumphory.
Confolida.
of the healing a comfortable herbe so named.

To heale a broase, or a falle.

lyke it doth to al maner of beasts. Chirurgens cãnot misse it. Cõsider also, that there is a lesser kinde of Symphytum, of the third sort called Cõsolida minor, which is of the vertue of healing, both wythin and without the body, and for all broken bones, and doth heale foule sores in the pudent, or secret places of men & Women. These be sufferant medicines in meates for the wounded men. These be herbes of great vertues, and excellent in goodnes for mankinde: and may well proceede of the verbe Consolido, of healing ỹ which was brokẽ, or ioyning together things separated, to comfort or make them safe, either in Oyle, Salue, Plaster &c. And thus I do ende of thys Symphytum.

Consolido to heale,

Marcellus

What is the nature of an herbe, called Scilla or Squilla, or the Sea Onyon?

Hilarius.

THere be two kyndes, whych of nature be hoat and dry, in the second degree: and yet of a merueilous nature. For the outwarde rynde is very hoat and bitter, and the core is very colde: therefore they must be cast both away, after the sayd Scilla is eyther rosted, baken, or sodden. For els it is euill, and hurtfull to nature, and thus it must be prepared. Cut of the leaues, which be like vnto the leaues of Aloes, but not so groase. The fruit is as great as a boyes head, of Scilla whych is the greatest kinde. The seconde kinde is lesser, of the bignes of a great Onion or a Peare, and is called Pancras, these both spring or bring forth their yellow flowers three tymes in the yeare: and in the Canicular dayes, roaste it vnder the coales in a Paper, vntill it be soft, or els bake it in Clay, or els seeth it in shift of waters, vntill the water leaue bitternes, then take it forth and let it dry in a shadowie or dark place, couered with a cleane Linnẽ cloth then you may put to it Drimell, that is cleane Hony clarified, and sharp Vinegar sodden together, whych is called Oximell simplex: and when the Scilla and this hath stand together in a close double glasse in the Sunne, all the Canicular dayes, or els to make more speede, all that is contayned wythin this glasse haue bin sodden togither, set it in a vessell with hoat boyling water, then it is called Oximell Scillitici which is of great vertue. This Oximell is good to be eate of them which haue paynes in the head, comming of cold, or for them whych be smitten wyth the fearefull sickness, called the Falling euill, or Morbus comitialis, wyth opilacion in the head. It also is good for cold rotten Coughes, and stinking breathes, and chiefly for short windes in the spirable partes It helpeth to aswage the swelling of the Splene, or the dolour therein: and casteth out filth from the guttes, that causeth payne and tormenting wynde in them. But beware if any Byle, or festred sore be in the guttes, then vse it not to mutch. And it killeth smalle Wormes in the breast, and also clenseth the raynes and bladder, mouing vryne, and healeth the yellow Jaundice. The wyne thereof if it be sodden in wyne, after it is prepared, prouoketh vryne, and clenseth the raynes, and is good agaynst Dropsies. The oyle is good agaynst ỹ Palsey, and coldnes of the toyntes, or trembling, for the Splene, and coldnesse of the Brayne or feete. The vinegar clenseth the inward partes, and also killeth Tetters, Ryngwormes, and Itche in the Skynne.

Goodly medicines be made both of Squill, and of Pancras, whych is th' great and lesser sea Onions.

To heale ryngwormes and Tetters.

The

The seede beaten into pouder, and eaten with Hony, doth clense the Belly. Truly this is an herbe of great vertue, as sayth Hippocrates, li. ij. Cap. 167. and Galen. li. viij. Simplicium medicamentorum, and is called the Onion of the Sea. And his Roote maketh a mollifying emplastrum, to make warm and softe a harde cold sore, comming of Melancholye, or cold and drye matter. To heale ring wormes and tetters.

Marcellus.

What is the vertue of the Marigolde, with golden yellow flowers

Hilarius.

THe Marigolde, named Caltha or Calendula, because it florisheth al the kalendes of the yere: and is also named Solsequium, because it openeth his Flower, and turneth round al the day after the Sun, and closeth in his golde beames at night. This herbe needeth no further discription, it is so commonly knowen, and is hote and drye, the flowers wil change the haire, and make it yellow. And this herbe sodden in wyne, drunke warme, moueth sweat, and prouoketh termes mẽstruall, specially the flowers of this herbe, or the Syrupe. Perfumes of the same, will doo the lyke: the smoke of them to be made in a close subfumigation, wil do the same. The iuice warme, put into the mouth, helpeth ẏ teeth if the aking come of colde. Marigoldes. To moue Sweate.

Marcellus.

What saye you of Nigella Romana?

Hilarius.

THis is called Melanthium, which you do name Nigella: for Dioscorides doth remember this herb in, Libro tertio. Capit. lxxviij calling it Githe, lyke Poppye. It hath blacke seedes, the leaues much lyke Coriander: the knoppes wherein the seede do growe, in the top haue little hornes, and is hoat and drye in the third degree. Drose it, and smell thereunto, put it in a Lynnen cloth, and holde it to the nose in the morning, and it wil stop a colde reume: temper it with vineger, and it wil take away headache applyed thereunto. Euen so it kyleth Wormes in the Bellye, applyed thereunto plaster wayes, mingled with an Ore gaule: & the iuice dropped into the eye, healeth a disease called Epiphora, whiche is droppynge of thẏm. It is good for to drynke, to clense the Lunges, purge termes, put away wynde and collike, and kyl wormes &c. Dronk in wyne, by the reason of the bitternesse, it maketh way and quick passage for the brine: and skowreth cleane the bladder, except the stone be confyrmed in it. It taketh paynes in the mouth, and teeth awaye. Receiued in warme with vineger, it preuayleth agaynst poyson, as eating of a Spider, or any venim: and drunke in wyne or whay certayne dayes, it wil draw milke into ẏ Breastes of wõmẽ, clense and encrease the same: with many other singuler vertues, as Dioscorides, Galen, Plinie, and Simeon Sethi affirme. And wyld Cocle that groweth in Corne, is of the same kinde: and the iuice may be pressed foorth, Nigella. Agaynst poysone. Of Opium made of blacke Poppy.

as Opium, and preserued to medicine to cause sleepe.

Marcellus.

What vertue hath Poppye, I pray you

Hilarius.

Of Poppye wyld and tame.

THere is wyld Poppye, leaued like Rocket, & flowred like Rose: it groweth in corne, the seede redde, and is cold nere hande in the fourth degree, Dioscorides affyrmeth, if this be sodden in water and applyed to the head, or drunke, it recõsileth sleepe. It also quencheth S. Anthonies fyer, called Sacer ignis, or shingles, made in a plaster w̃ Oyle of Roses & Vineger. Acacia & this sodde̅ togeather in red wine do stop ỹ bloody flixe and termes, which be hard to be stopped. But this herbe maketh the memory very dull, to vse it much: but saffron, Myrrh and the Oile of Bitter Almondes, tempered with the iuice therof, warme, put into the deafe eare, bryngeth hearing, if it be not incurable. Rose water, womans milke, and the whyte of an Egge beaten togeather put into the eyes, doth take awaye dimnes, burning, rednes, and swellyng from them, and cleareth the syght. Nowe the greate Poppye, called Papauer of the Garden, which in Greeke is named Mecon there be of two kyndes, white & blacke in their seedes and Flowers, the whyte is best for it hath all the vertues, & many more than I haue wrytten of the wylde Poppye. And the seede is good to be tempered with meate, to make breade, to geue to them that can not sleape: to be put into Milke and so eaten, at night, it stoppeth the belly Opiũ is made of Blacke Poppy, which is colde, and is vsed in sleaping Medecines: but it causeth deepe deadly sleapes. And thus I doende of Poppye wyld, and tame.

A medecine for sore eyes very excellent

Whyte Poppy is the best.

Marcellus.

What is Coriander of nature?

Hilarius.

Coriander.

CORION called in Greeke, Coriandrum in latten, and beareth a round seede, like in forme to a worme called Coris or Crinex: this herbe is commonly knowen, and is cold sayth Dioscorides lib. 3. cap 62. It healeth S. Anthonies fyer, Carbuncles, & suche lyke, burning things, but Galen obseruing more diligently the nature of this herbe, whose iudgement the greatest number of the wyest, & best learned do follow vntil this day, doth affirme in Lib. viij. cap 4. de compositione medicamen, that it is altogeather hoat, & sayth he Si Coriandrum strumas dissoluit, quonam igitur pacto frigidum erit? that is, saith Galen, if Coriander do dissolue or waste the kurnels in the throat, called the kinges Euil, By what meanes then shal it be cold? for it is not possible that such grosse hard things should be wasted of cold thnigs. But this doth both waste and as Simeo Sethi affyrmeth, the seedes eaten with, or after meat do warme the stomake, and retayne the meate vntil it be almost concocted. Therfore the conclusiõ must be needes true, that it is hot and drye. Plinie wryteth to Marcus Varro Coriander beaten in pouder, & mingled with Vineger, doth preserue flesh from corruption in Somer: But

Galen doth dissent in this place, from Dioscorides, in the nature of Coriander.

Plini. lib. natu. hist. li xx. cap. xx.

But the vertue is in the seedes steeped with vineger & dryed. But to drink much of the iuice of the herbe, doth take away the speeche, or causeth madneg: thus I end of this Coriander.

Marcellus.

What is Foenigræce, commonly called Fenicricke?

Hilarius.

THis herbe is lyke iii. leaued grasse, and the seede groweth in a long Cod. The meale or pouder, of the sede of Foenigreeke called Fenecrike, hath vertu to mollify. Sodden in sweete water, it quencheth both within and without any inflamation of the body. The same being sodden in sharp vineger & Niter, applied warme to the left syde, asswageth the dolor and payne of the Spleene. Euen so it doth the like to the liuer, hauing Oyle of Roses mingled therwith: this seede is vsed in many mollifying plasters. The decoction dronke, and the seede applyed to the belly, doth helpe Tenasmus, which is a desyre to go to the stoole, and cannot, or a stinking flixe. And the oyle doth clense spottes and skars in the flesshe or skinne where as wounds haue beene, and helpeth Flegmon, wich is an impostimation of blood comming of heate aboue nature, gathered into some place of the bodye, and is hoate in the seconde degree, and drye in the fyrste, sayth Galen libro. viij. Simpl. medicament. Of Foenigreke is an excellent Fomentum made for the yen, that be sore or dim: whiche I haue seene mayster Luke make, which is an excellent man, in the cure or Regiment for the eyes.

Dioscor. lib ij cap. xcv.

Tenasmus.

Flegmon.

Mayster Luke of London.

Marcellus.

What say you then of Flare?

Hilarius.

KNowen of euery bodye, but there be twoo kindes of Flare, the wilde Flare is not good: the comon sowne Flare, is good & profitable for linnen cloth, without which we shalbe like beastes, both at borde and bed. Linnen is comelye both for men & specially for women, and more commendable in the temple thã holly, and is called in Greeke Lynon, and our englishe woorde is Linen, & Latten Linum, much like to each other in name. Galen sayth. lib. 7. simplic. medica. The seede of Flare is hoate and moyst in the fyrst degree, yet somewhat drying in the middest: it hath vertue to mollifye rype, and breake Apostumes, if it be made in meale tempered in swynes grease and Mallow rootes, warme applyed, in the manner of a Plaster. It is vsed in many medecins, and Clisters, with oyle of Roses, to clense sharpe costife humours: but it wil make the belly to swel, if it be vsed in the maner of meate, yet it wil stir vp Uenus, if it be eaten with pepper and Hony. The decoction thereof is holesome to clense, mollify and rypen the apostimations in the secrete places of women so diseased or payned. The Oyle ỹ cometh therof hath many vertues: as for Printers to make their Inck of, for Paynters, to temper their coloures with, and for varnishing of boordes: for the Armorer in making cleane Harnisse, and weapons, and Lampes. Flare Oyle, washed

Flare.

The vertue of linte Oile.

in iiii,or.vi.shiftes of cleane colde water with a stick, vntil it turn whyte, the with a Spoone taken fooyth, for it wil swim euer aloft, this wil heale burnings, scaldinges, & hoat inflamations. This Oyle mollyfyeth hard sores, and is good for bone setters, for to strength the Sinewes, Jointes, and bones, for conuulsion, Hemerodes. &c. And if it be dronk after poyson, it wil caste it forth by vomittes, and clenseth the stomacke. Flaxe being fyne, is vsed with Repercussiues, as with Bolearmony, and whytes of Egges. Without flaxe, Chirurgians, can not worke, nor helpe the eyes excepte fyne flaxe be in it.

Marcellus.

Neckweede. THere is an herbe, which light fellowes, merily wil call Gallowgrasse Neckweede, or the Tristrams knot, or Saynt Audres lace, or a basterd brothers badge, with a difference on the left syde. &c. you know my meaning.

Hilarius.

Hempe. WHat, you speake of Hempe? marye you terme it with many pretty names. I neuer hard the like termes geuen to any symple, as you geue to this, you cal it neckweede. A, wel, I pray you would you know the propertye of this Neckweede in this kynde beynge chaunged into suche a lace? This is his vertue. Syr, if there bee any ponkers troubled with Idlenes sloytring, hauinge neither Learninge nor willinge Handes to laboure: or that haue studied Physike so longe that he or they can geue his masters purse a Purgation, or his Chist, Shop. and Countinghouse a strong vomit, yea, if he be a very cunninge practicioner in false accomptes, he may so suddenlye, and rashlye minister, that he may smyte his father, his Maister or his frende. &c. into a sudden incurable consumption, that he or they shal neuer recouer it agayn, but be vtterly vndone, and cast eyther into miserable pouerty, prisonment, bankroute. &c. If this come to passe, then the best rewarde for this practicioner, is this Neckweede. If there be any swashbuckler, common theefe, ruffen, or murtherer past grace, the next remedy is this lace or Corde. For them which neuer loued concord, peace, nor honesty, this wil end al the mischiefe, this is a purger not of Melancholy, but a fynal banisher of all thē y be not fyt to liue in a common wealth, no more then fores among sheepe, or Thistles amonge good Corne, hurters of true people. This hempe I saye, passeth the new dyet, both in force and antiquity. If yong wantons whose Parentes haue left them fayre howses, goodes, and landes, which bee viciously, idly, vnlearnedly, yea or rather beastly brought vp, after the death of theyr sayd parentes, their fruites wil spring forth (which they haue learned in their wicked youth: then bankets and brotheles wil approache, the harlots wil be at hande with delights and entisements. the Baude will do hir diligence, robbing not only the purses, but also the hartes of suche younge men, which when they be trapped, can neuer skape, one amonge an hundreth vntil Hemp breaketh the band among these loytring louers.

Many good medecines made of hemp.

Perillous practicioners. be here discribed.

A quicke medecine.

The misery of vnthriftes semeth pleasaunt but shame & pain is the ende.

The

The Dice which be both smal and lyght, in respect of the Colouering or double Cannon shotte or Bollet, yet with small force and noise can myne, breake downe, destroy, and cast away their owne maysters, houses, fayre fieldes, pleasaunt woodes, & al their money, yea frendes, and altogeather, this can the Dice do. And moreouer can make of worshipful borne gentlemen miserable Beggers or theeues, yet for the tyme aloft syrs, hoygh chyld & turne thee, what should youth do else? I wis not liue like slaues or pesants, but al golden, glorious, may with dame Venus, my hartes delyte saye they. What a sweete heauen is this? haue at al, Rockes Woundes, Bloode and nayles, cast the house out of the windowe, and let the Deuil paye the Waltman, a dog hath but a day, a good mariage wil recouer al togeather: or els with a Barnardes Blowe, lurkinge in some Lane, wodde, or hil top, to get that with falshode in an howre, which with truth, laboure, and payne, hath bene gathered and toyled for perhappes xx. yeares to the vtter vndoinge of some honest family. Here thou seest gentie *Marcellus*, a miserable Tragidy of a wicked shameles lyfe: I neede not bryng forth the example of the Prodigal Chyld. Luke. xvi. Chapter, which at length came to grace: It is, I feare me in vayne, to talke of him, whose end was good, but a great number of these, flee from grace, and come to endes most vngracious, finishinge their lyues onely by thys Hempe: Although somtime the innocent man dieth that waye, through periury for his owne propper goodes, as Naboth died for his owne vineyarde, miserable in the eyes of the World, but precious in the syght of God. This is one seruice which hempe doth.

The innocente somtyme dyeth in the eyes of man moste miserablye.

Also thys worthy noble herbe Hempe, called Cannabis in Latten, can not bee wanted in a common wealth: no Shippe can sayle, without Hempe the sayle clothes, the shroudes, stayes tackles, yearde lines, warps, & Cables can not be made without it. No plow nor carte can be without ropes, halters, trace. &c. The fysher and Fouler must haue hempe to make their nettes. And no Archer can want his Bowstring: and the Waltman must haue it for his sackes With it the belle is rong to seruice in the Church, with many moe thynges profytable, whiche are commonlye knowen of euery eemanne to be made of hempe. Now further more there be two kynds of Hempe, the wyld, which is hoat and dry e in the second degree, and is called Terminalis stãped with Oyle of worme wood, and warme applyed to the Bellye, it doth asswage swellyng, and with swynes grease, the same doth rype apostumes of sores. This wyld hempe hath leaues lyke to the Garden hempe, but rotes and seedes lyke vnto Wallowes. The Garden sowen hempe is also hoate & dry Plini lib. xx. cap. xxiij. This herbe and seede sodden, & strongly pressed, or the iuice strayned, and powred vppon the earth, doth not onely bryng forth wormes for Fishers: but also dropped into the eares, doth kyl wormes that be crept into them. And Galen lib. vij. simplicium medicamentorum sayth: that to eate much of the seede, doth dry e vp the seede of Generation, & is an aduersary to the head and bringeth euil humours. Simeon Sethi sayth: it dryeth seede as much as doth Camphire, and is hard of digestion, and hurteth as Coriander doth yf is immoderatly eaten, which bryngeth madnesse.

The consideration of Hempe in Physicke.

Hempe will kil woormes.

Hempe quencheth naturall seede.

How be it the sede or leaues sodden, and warme applyed to the handes or feete, do helpe agaynst the contraction, or shrinkyng of Sinewes; whiche commeth of colde and is helped through the heate of this herbe And all syngyng byrdes which be plentifull in laying of Egges, they reioyce greatlye in Hempe seede, as in their chiefe delicious foode. And thus I have no more to say, but to answeare to the next question my deare fellowe and Frende Marcellus.

Marcellus.

Now I pray you, what is Barly of nature?

Hilarius

Hordium. Barly.

COmmonly knowen in al this Realme, it is the mother of the best Malt, wherof both Bere and Ale is made: there is Barlye double, or with fower set, and syngle two set The greattest and whytest is best, and it is colde and dry in the fyrste degree: and doth not norysshe so muche as Wheate. Of this Barlye, being hulled and clensed from the rynde, beaten or broken, is made the noble drynke called Ptisana: a pound beyng put into ten poundes of Cleane water, sodden vnto halfe, into a stone pot, or tynned vessel, close in the mouth, standing vntil it be colde, and then let it runne through a strayner, and so drynk simple of this, for it wil quench hoat burninge Choller aboue nature, in vehement feuers. You may put in the seedes of whyte Poppy, and Lettice not onely to coole, but also to reconsyle sleape to the afflicted with the Feuer to clense corruption of the Lunges. and horsenesse, with shortnesse of wynd Put in Figges, Liquoris, Annisseedes, Reysynges of the Sun, and a little Hysope with Suger: seeth al, and let it stand close vntill it bee colde, and strayne it wyth a strayner, and so drynke therof, for the foresayd shortnesse of wynde. Seeth Barly meale, Lint seede, and Fenegreke seede, and the iuice of Rew with Malmesye, warme applyed to the belly, wil put awaye swellyng and paynes in the guttes. The meale therof sodden in vineger, wil asswage the hoate burnyng goute: and this is good agaynst all hoate inflamations of the body. And seeth Barly in Hony, Rosen, and the iuice of Chelidon, and it wil heale an old rotten sore. With Oyle and Fenegreeke, meale, it wil asswage the swelling of the precordal or stomacke. Melilote, Poppy and Hony tempered togeather, do helpe the swellynge heate of the Privy members, paynes of the sydes or Flesh, which is gone from ỹ bone with many other goodly vertues, which Barly hath as affyrmeth Dioscor. lib. ij. Cap. lxxix. & Galen lib. j. de aliment. facult. and Theoph. lib viij. Cap. de plantarum Historia. Barly is the Principal Vine grape of Englande, that oure Malt is made vppon. And mother of our Beare and Ale, whiche Malte in the tyme of our extreame neede, hath beene solde awaye into forreine realmes by certayne old knowen theeues called Humber, and Lin hauen with their branches: from Cambryge, S. Iues, & Wilden haule, Thetford and Brādon fery & also Vermouth in Norffolke, I pray god amend ỹ market, & stay such practices, that for the priuate comodity of a few, a great multitude be not famished. And now what haue you els to say.

Ptison made of Barly, wil quench choller

To helpe the lunges.

Agaynst inflamacion, heate, or swellynges in the body.

The bread & drynke of the poore be the lyfe of the needy: and he that taketh it away frō them is a murderer.

Marcellus

Marcellus.

IN the eyght leafe of Simples, you speake but a little of Barly and also of Beanes and Peafe, but smallye to the purpurpofe, to myne inſtruction. Therfore ſhew me a little more of their natures, becauſe I am a rural man of the country, and loue Peafe and Beanes, and as I heare tell, many good medicines be made of them to helpe in the tyme of Sickneſs. I haue good plẽty of them, more than any other Poticary ſtuffe.

Hilarius.

FABA called Beanes among pulſe be very wyndye, and bryngе greuous dreames. Pythagoras would not ſuffer his Schollers to eate them: be lyke terrible infernal dreames did follow, which did hurt the wyt, and the eye ſyght. They be cold and dry in the fyrſte degree, I neede not deſcrybe them: euery man knoweth them. Beynge wel ſodden with Mintes, they do ſtop vomittes and the flixe, if the fyrſte water wherein they bee ſodden, bee caſt awaye, and then yee ſeeth them in the ſeconde, ſo they bee leſſe wyndye and hurtful. Beane Meale, called Lomentum, by it ſelf, or with Barly Meale and Vineger doth quench inflamations, and mollify hoat hard Apoſtumations, and the Gout, ſoddẽ wich ſwynes greaſe. This meale dryeth vp wounds, & milke in the pappes or breaſtes of women. Temper it with Fenegreeke and Hony, then it wil heale Furunculum, called a Fellon, and it doth the lyke to puſhes, in any part of the body. Temper this meale with whyte Frankynſence, the whyte of an Egge, and Roſe water: this helpeth ſore ſwelled or droppyng eyene. And this tempered with oyle and vineger, doth aſſwage the ſwellynge of the coddes of men and boyes, warme applyed vnto thẽ. This meale doth clenſe the face of women, waſhed therwith, tempered in colde milke at nighte, & ſtrayne it through a cloth. xx. tymes, and let it dry on. And in the morninge with a hard Lynnen cloth ſoftly wet in cold water and Milke, ſtryke or wype the face therwith, and kepe it from the Sunne, lyke good huſwyues ſpynnyng a threede of ſmal thryft vntil night for their labour: Warye then if they wil a mornings, take in ii. or iii. Reiſynges, halfe a dyame of yellowe Allowes then fluſhyng wil the ſooner depart from the face, by that meanes of opening the Liuer and ſpecially if it be in ſommer. I referre the worthye conſideration of this Beanes to Galen lib. vij. ſimplicium medic.. Although he therto I haue not only alledged hym, but other as Dioſcor. lib ij. cap. xcviij. whiche by him in Greeke is called Cyamos, in deede they wil partelye moue Venus luſte. And in thold tyme the general aſſent & conſent, as in a parliaments, elections or queſtes, were al declared by Beanes. The whyte beanes did graunt or affirme, and the Blacke beaues did denay or refuſe: And thys maner doth ſtil continue, in many places of Europe. As in that moſte worthy riche, and noble citty called Venice, which began Anno. a partu virginis. 454. Of a fearful nomber of people which fled frõ the cruel hands of a famous Tyrant Called Attila, the Kyng of Hũgary, who brake into Italye, & diſtroied many places, & amõg al ỹ moſt aũcient city, & chief mart of Europe, called Aquileia, which is now of no eſtimation. Of this loſt city, be thoſe venecians come, which haue vſed hetherto to nomber with Beanes.

I more larger diſcription of Beanes and Peaſe.

Pythagoras ſayed thus: Faba abſtineto that is abſtain from Beanes. Plinie & Tullie ſay, becauſe of the ingendryng of groſe humors he forbade thẽ Ariſtoxenes, and Empedocles affirme ỹ by abſtaining from Beanes he meant Lechery or filthy luſtes.

Plutarchus ſayeth that it was to beware, to be in office. in a cõmon weal thbecauſe it is ſoperfluous For coddes ſwelled.

Beanes in the old tyme were vſed for lottes

When Venice fyrſt began

The olde Romaynes were more humble than the newe Romaynes. & late Popes, in keping names of baptistles.

The most worthy, noble, learned, and valiaunt Familie of the Romaynes, wherof tooke they their names, I pray you? Of any noble old citty, as Thebes Troie. &c. Or of any valiant beast, as a Lyon, Tyger, Panthar. &c. No forsooth. They tooke theyr names onely of pore Beanes: Fabius Portius, and theyr worthy auncestours were sowers and sellers of Beanes, and keepers of swyne, and for their vertues, were aduaunced, and kept stil their names. Although the sacred Vickar of Sathan, called the Pope, kept not his olde name: as example. If he be christened Marke, Laurence, Cornelius. &c. Wel when he is degenerated, or triple mitred, then he is new named, Leo, Clemente, Paulus, Boniface. &c. A very Anabaptiste, or ashamed of his name receyued in Baptisme. Welfare the old Ethnicke Romaynes, which excelled thy: new counterfecte Christian Romaynes, whiche were not ashamed to haue Base names, as Fabius had of Beanes and Cicero of a Fytche or Tare, The tyme of Cicero. tooke his name, and for eloquence, his lyke was neuer founde: and was be fore Christes incarnation fourty yeares. Piso that auncient name of a noble family of the Romaynes, tooke their name only of Peson: whose parentes Of base parentes spring noble children wer plowmen, and sellers of Pease.

Therfore of Pease, let vs say some thing of their properties, and vertues more than we haue declared in lib. Simplic. And fyrst from whence they came, and why they be called Pease, and in Greeke Pison, in Latin Pisum. The fyrst spring of them was most plentiful in Greeke in a Country called Peloponensus, in which was a noble city named Piso, by the riuer of Alpheus. Pease came fyrst from Piso in Greece. Aboute which citye euery fyue yeares, the nobles and moste worthy Grecians, did proue al manner of maisteryes, and made tryumphes, pastimes, and playes, in the honour of Jupiter Ouid ij, de arte: Lo, this Pease came frō Piso, and be now in the most part of Europe, aswell as amonge the Grecians. And of nature they be of a meane temperament, colde and drying, and in al poyntes lyke vnto Beanes, but not so windy: and more better for nourishing the body, and more clensyng the belly, sayth, Galen, and Paulus is also of the same mynde. Let both Pease and beanes be wel watred, hulled and tenderly sodden, in shyft of waters, before you do eate them, & drawen through a Colender or strayner with Onions, Myntes, & Pepper. sodden wt them. then they wil not hurt the stomacke, or moue wynde, but clense the raynes, and make fatnes, increase with seede of generation. the best pease pottage,

Tares do the same, and nourish Milke, clense the Liuer, Gaule, spleene, raynes, & the Mouth of the Bladder: sodden in wyne, or wt diuritike, or opening herbes as Persely. &c. Theophrastus commendeth them lib. viij. Cap. v de historia. plantarum, the whyte bee the beste. There is thankes be geuen to God, no smale plenty of Beanes, pease, Fytches and Tares, growinge in England: both whyte and graye pease, the lyke of the Beanes, to the great comforte of men, horse and swyne: Although many Inkepers with theire hostlers, through a cast of legerdemayne, can make a pecke of Draffe and Beans, buye thre Bushels of clean pease or Beanes, wherby the pore Hackney horse if hee colde speake, as well as Balams Asse did, mighte call his host knaue for his labour, and wysh the Pillory to be hys Ghostlye Father. A practice of Inholders & their horse stealers.

For

For although an horse doe both lacke money in hys purse, and reasonable wit in his head: yet without all doubt, he is the best bond slaue, in the common wealth, and least can be forborn, as it appeareth in his seruice both in warre and peace. &c. And seynge his dryncke is so good cheape, it is villayny to rob him of his meate. For of al creatures, he suffreth most payne in body: but I wil meddle no further in stable matters, but end of that, which I haue taken in hande, that is of Pease Anno salutis. 1555. in a place called Dxford in Suffolk, betwene the Hauen and the mayne sea. wher as neuer plow came: nor natural earth was, but stones onely, infinite thousand ships loden in that place, there did pease grow, whose rootes wer more then iii. fadome long, and the coddes, did grow vppon clusters lyke the chats or keys of Ashe trees, bigger then fitches, and lesse then the fyeld peason, very sweet to eate vppon, and serued many poore people dwelling there at hand, which els should haue perished for hõger, the scarcity of bread was so great. In so much that the playn poore people did make very much of Akornes, & a sicknes of a strong feuer did sore molest the commons that yere, the like wherof was neuer hard of there. Now whether thoccasion of these peason & prouidence of god came through some shipwrack with much misery or els by miracle, I am not able to determine therof: but sowen by mannes hand they were not, nor lyke other Pease. And thus I do ende of Pease Beanes and Tares which be good for man, horse, swyne, geese, & hennes.

A horse is a good seruaunte & taketh moste paynes for mã of any liuinge beast.

Pease growing on the one accorde, without sowing where no earth but stones was.

And now I shall answeare you of Otes whiche in Greeke are named Bromos, & Auena in Latin: they be wild and tame of nature, sowen in March and rype before mid August. And of Temperament they be colde in medecines, and are of the same vertue that Barly is in cleansynges, and in plasters they haue the same effecte also. They partly warme and dry inwardly: thus sayth Galen lib. vij. simplicium medicamentorum, are of a bynding vertu agaynst the flowing of the Guttes, and are good agaynst Coughes, or foulnes of ỹ Lunges. And Plinie saith lib. xxij. cap. xxv. Otes sodden in Vineger do take away molles, blains or spottes. And Otes are a good grayne in the common wealth, for men, horse, and fowles, as they haue little other breade in many places of Wales, and Darbishyre. In Northumberland, horse haue as great plenty to eate of them, as men haue in most places of this realme eyther Wheat or Rye, for their owne foode. And in the North the this grayne is called Hauer, the Southern people cal them Otes, the Italians, Vena, ỹ French Auoine, the Arabians Cartamum, or Churtal: and thus I haue ended of, Beanes, Pease, Otes and Fytches, my frend Marcellus.

Of Otes called Auena. or Bromos.

Otes do clẽse the Lunges.

Plenty of O. in Northumberland

Marcellus.

What say you of Wheate wherof our bread is made which is our common foode, and best grayne?

Hilarius.

The

Tritticum: Wheate, or our breads.

THe Greekes do cal Wheate Pyro, many yeres before the name of Triticum was found: which is Latin for Wheat. Triticum vero dicitur, quod tritum ex spicis sit. It is called wheate, for that it is thrashed, or broke from the Eires wherin it groweth) as saith Marcus Varro. The kyndes be wel knowen both red and white wheate, the tasseld or long eared wheat, and the naked or polled Wheate. The tyme, maner, and place of Sowing, Reaping, Threshinge, Gryndinge, Baking, and eating, is naturally knowen throughout all this realme. Euen so the ingrossiue keping vntil it corrupt, and sellinge yt in to other forreme realmes, is known to thē, who neither feare god, obay their Prynce, or loue their neighbour. And the natural complexion of Wheate, is hoat in the first degree, vsed in plasters. Wheat meale tempered with the iuice of Henbane, doth stoppe the flure of the Sinewes, and the inflamation of the Guttes, as sayth Dioscorides Lib. ij Cap. lxxviij. The Bread that is leauened, is better to make a plaster for the stomacke, than the meale. The iuices of Mintes. Reu, Sage, wormwood. &c be good to mingle with meale, or crummes of breade in Plasters for payned stomackes, put in vineger. A plaster of ẏ Bran with vineger, and the iuice of sower Pomegranets, warme applyed to the bellye, doth stoppe the flire, and swelling in the guttes. Many goodlye vertues belong to Wheat, the Branne nourisheth little, & bread wherein much Bran is lefte, shal make the common feeder therof leane. And the pure meale nourisheth, and maketh fatnesse to increase: of fyne meale, Starch is made. &c. The kyngdome of Antechrist hath not alitle enriched it selfe, by Meale and Ware: they haue sold them deare. And manye a man hath loste his lyfe, by constantly affyrming, that meale would only be changed into bread, but noe into flesh. The determination therof, I leaue to ẏ learned Diuines, but not to the Dunsmē, whose distinctiōs maral, in ẏ chyefest point in our religiō. &c

To feede of Branne, maketh a man leane but flower bryngeth fatnes.

Meale and Ware haue made great marchauntes at Rome.

The verye Diuynes & Dūsmen did neuer agree generally.

And yet more of Wheat, this precious grayn and corne Theophrastus. lib. vij. cap iiij. doth name in many places of the diuersity of Wheate: as Aphrica Thrasia, Pontus, Assiria, and, AEgipt. &c. And in all these places, Wheate doth differ in shape, colour, greatnes, he wryteth maruaylously of the kyndes of Wheat. He obserueth the nature of euery soile and land, and of the mantions vnder Heauen, and the climattes, and sayth in Asia beyonde the Countrye of the blacke Trions, the Wheate graines bee as bigge as greene oliues, which bee as big as Nutmegges. The Sunne and the soyle is of such vertue, and more prodigious wonders wryteth he of Wheate. Plinie. lib xviij. cap vij. of al Wheat in the World, there is none to be compared, in goodnes vnto the Wheate of Italy, for whitnes and wayght. In Spayne there is little Wheat, but the Wheat which they haue is very clean, & there breade as whyte as the mean bread of Yorke. Wel, I haue sufficiently wryten of bread in his place: Wheat wil turne and degenerate out of his kind, and be changed into Darnel. Specially in weate yeres, so sayth Matthiolus in Discordis. lib. ij cap. lxxviij. I haue sene the like in a Feeld named Helly, in a town called Kelshal in Suffolke. There be Tonges and Irons made accordingly, which beyng made very hoat, do presse forth the Oyle of Wheat, which will heale vlcers and woundes, and all chappes, and open places in the handes,

The sondry kyndes & natures of Wheat.

Wheat wil degenerate out of kynde. that is from Wheat to Darnell.

Lyppes

Lyppes and feete, through the sharpenes of the North wynde in March: Plasters of Meale, Leauen. Salt, Vineger, Butter & Oyle of Roses tempered togeather, warme made in a Plaster vpon Leather, and applyed to the breast, or any place of him, which hath fallen from some high place, if he be curable, it healeth him, geuinge him Vnquentum potabile to drinke, and coule the pacient with a long coller or towel, and thus I do end of Wheat, the most precions and best grayne, for the foode of mankynd, & is our dayly bread:

A plaster for a brosed body

Marcellus.

What be the Lupines which the Greekes call Thermos

Hilarius.

THey be lyke Beanes, hauing seauen leaues. somwhat like Beares foote, and are commonly knowen: whose Mealemingled with Hony or licked vp, or drunke, doth cast wormes out of the bellye. And made in a plaster, and applied to the belly, it doth ỹ lyke to childzen: sodden in Vineger, it helpeth the Kinges euil, beyng made in plaster. And also doth breake a pestilence sore, layed on warme. And seeth Lupines in rayn water vntil they be wasted, strayne this water, and when it is cold wash thy face and it wil clense it from foulenes and spottes. Myrrhe, Hony and Lupines incorporate togeather, and rolled in Wolle, make therof a Pessary, and conuey it into the place, and it wil bryng forth the dead childe, & force the menstrual termes. This herbe and seede thereof, wil kil Cancers, and skales in the hedde: tempered with hogges grease, Vineger and Brymstone. Seeth it in Persely water, or whaye, and it wil clense the bladder, and prouoke vrine: and drunke with Vineger, it clenseth the stomacke, helpeth digestion, & expulseth al noysomnesse, or abhorryng of meate. Lupines, sayth Galen, be of an earthly substaunce, and engender eul humours: to be eaten as meate, they bee hurtful, but in medecine good. And they be bitter hoat and dry.

Lupines,

To kil wormes with Lubines.

Dioſco, lib 2. Cap. ciij.

Marcellus.

What is the goodnes of Staphis. Agria?

Hilarius.

THis herbe Staphis Agria, is called also Pedicularis: for if it be mingled w Oyle, it wil kil Lise, nothing better for Lousy childzen, & Haukes. & The leaues be lyke the wyld Vine with blew flowers, and is hoat & dry in the fourth degree. If fourteene seedes stamped, or broken in sweete Water, be drunke, it will purge grosse, crude, rawe humoures by vomite: but he which drinketh it, ought to walke after it, sayth Dioscorides. lib iiij cap cj. And furder sayth he, the drinker therof, must prouidently geeue attendaunce, to drynke sweete water, vnlesse, els hee be strangled w the medecine. This seede with Oyle of Tartar, killeth fetters, itchinge, & as they term it, mangines: sodden in Vineger, warme holden in the mouth doth helpe the paynes in the teeth, and stoppe the reume. And with Honye healeth vlcers in the mouth, but it is perilous to bee taken downe, because it burneth. And is good to make an Apophlegmatum with: it clenseth the matrix of women, made in a plaster. Plenty of this doth grow in the countries of Apulia, & Calabria in Italy: & this I ende of this. What haue you els to say?

Staphis agria Pedicularis. a seede that wil kill lise in childzen, an haua:.

A plaster to bryng forth deade chil.

Hilarius

Marcellus.

What is that sleaping herbe called Solanum and his fellowes I praye you?

Hilarius.

Solanum Nightshade. the sleping Dwall.

THis called Solatrum, Solanū, or Morel, in English ỹ great sleping Nightshade, or Dwal. And of this there bee. 3 kyndes among vs in England, as the great Mozell, ỹ litle pety mozel, or Night shade, & Alkakengi, which is the Uesicke or bladder herbe, to clense the same and open, skower, and purge the vessels of the vryne. The greate Nightshade, with blacke beryes, lyke rounde Plummes, which be venemous when they be eaten, bryngeth vtter madnes or death: the lesser causeth much sleepe. These be colde and dry of complexion, as Galen sayth, lib. v. cap. ix. Dioscorides sayth, that petty Mozell leaues, because of nature they be cold, their iuice w̄ Barly Meale doth quench Sacer ignis, or that we do call saynt Anthonies fyer: and by them selues stamped, do helpe the burning of the head, or swelling togeather vnder ỹ toung, applyed to them. This iuice drunke doth helpe the yellowe Jaundice, and burning of Choller: but if you be euil at ease after them, then drynk Oximel Simplex, with warme hote water, and put your fynger in your mouth, & vomit. The mad greate Nightshade, is colde in the extreme degree, if one drinke one dragme, sayeth Plinie thereof, then they begin to play theire pagiantes, past shame. But if they drynke two dragmes, then they shalbe stark madde: but if they eate or drink three dragmes, then ensueth present death, & this venom is called Doricmō. The Alkakingi or Kengi hath beries like Cheries wrapped in a closse Husk with many synguler vertues to coole, to cause sleepe, moderatly vsed or taken, I mean their iuices in Ptisant. But chiefly it excelleth, for the stone with Parsely, Fenell, Asparagus, the foure lesse cold seedes, ana ʒ. ii. and damaske Prunes. xvi. in nomber, stamped wel togeather and put into cleane whaye, or Barly water, standing. xii. howres, putting thereunto ʒ. ii of fyne Reubarbe, Then straine it, and drawe into the same Potion. ʒ. ß. of good Cassiafistula, or Uenice Turpentine, cleane washed ʒ. ß. then drynke the same in the Morninge: this wil breake the stone if any medecine can do it, & clense the raynes, and heale anye sore in the same, anoyntinge the backe with Oleum Scorpionis. And thus I do end of Solanum Hortense, called petty Mozel, whiche is good in medecine, both inwardlye to coole, and also outwardlye to coole the heade, to helpe the eyes from heate, tempered with the whyte of an Egge, &c.

Drinke but a little sodden wyne of this mozrell. ʒ. ii. will suffice.

A good medecine for the stone & raines

Marcellus.

What is the vertue of Henbane I pray you tel me?

Hilarius.

Hen-

HEnbane is called of the Greekes Hyoscyamus, it is also called Altercum of the Arabians. This herbe doeth kill swine, except they be driuen incontinently, through a great streame of water, & is called the Swines bane. The nature thereof was fyrst found by Appollo. This Henbane is of three kyndes: the blacke, the yellow, and the white. The white is moze better foz medicine, than either the yellow, oz blacke. The seedes be as plentifully growing within the codde, as the seedes of Poppie, both in fozme and bignes: it groweth vpon dungehill sides, oz els vpon old ruines, and about broken walles, and is ripe in the moneth of July. The temperament oz complexion of the white seede, is cold in the thyrd degree. The other twoo seedes be venemous, and full of poyson. This white seede is good, with the ointment of Roses, to be laied vpon an hoate goute, oz swelling of the priuye members, oz breastes of a woman, which swelleth oz burneth. A halfpenye weight of this seede beaten in pouder, with asmutch white Poppie seede, drunke in sweete water, oz the water of Plantain, doeth not onely reconcile sleepe, but stoppeth also spitting of bloud, and helpeth the rednes of the eyes. The leaues of this white Henbane, Barly meale, & Vinegar, bee good to make a plaster, to quench the burnyng of the raynes of the backe, oz extreame headache which commeth of Choller, and also it helpeth all inflamations. Dioscorides sayeth, this seede drunke in wine, doeth heale a Feuer called Hepyalas: euen so doth the iuice of the leaues. But if this herbe be vsed, either in sallet, oz in potage, then doeth it bring frensie and madnesse: the roote sodden in Vinegar, dooeth helpe the payne in the teeth. Galen also doeth vtterly refuse the blacke and the yellow seede, as poyson: but the whyte hee doeth accept as medicinable. Plinie doeth commend the same whyte, saying: if it bee stamped with Hony, it healeth the bityng of a madde Dogge. And w Wyne, agaynst ỹ bityng of Snakes, And against choughes, & streightnes, through great extreame filth of the lunges. The oile thereof helpeth the deafnes in the eares, dropping in but little. Plinie would that none shoulde vse moze than fower leaues of this herbe, oz the iuice thereof at once. Foz who so vseth moze, shalbe in daunger to sleepe without waking. And thus I ende of Henban, whych is also called the poison, oz bane foz Hennes.

An herbe of venome thorow colde, called Henbane.

Three kyndes of Henbane.

The white Henbane is vsed in medicine.

Marcellus.

What is the nature of Humlocke, that stynkyng weede?

Hilarius.

HUmlocke is called Cicuta in Latin: the Greekes call it Koneion, that is to say, a tiraunt oz killer of men, foz it is cold aboue nature, if it be taken within the body. The cruel murtherers of Athenes, did most traiterously, maliciously and falsly, poison their chief patrone, and well spryngе of learnyng, called Socrates, an excellent Philosopher, Sonne to Sophroniscus a Mason, and Phanarista, a midwyfe, which were his Parentes. This man when he had best the knowledge of naturall Philosophye, gaue himselfe to mozall Philosophye: he was vertuous in lyuing, and disputed against them, that were called Sophistæ. This mannes breastes of learnyng: gaue fozth the

The moste colde herbe and a poyson

The death of Socrates was wyth wine, and the iuice of Hemlocke.

milke of knowledge, vnto the most famous clarkes: Plato, Xenophon, Xenocrates. And after he had taught a longe tyme in Athenes, he was by the Malyce of Anytus and Miletus accused, to haue spoken agaynst their Gods: wherfore he was condempned to death, whose death was the iuice of this Hemloke, called Cicuta, mingled with wyne. After which drynke, hee dyd erpyre the breath of Lyfe, before the yeere of Chrystes incarnation. 367. Dioscorides

To helpe him that hath dronke Hemlocke.

sayth, who so euer drynketh of this venemous iuice, the remedy is onelye to drynke a great draft of clene new wyne alone without any other myxture put thereunto with speede. The iuice of this, saith he, doeth quench that disease, which we call S. Anthonis fire, applyed to the burning place. It doth extinguish or quench the heat, which is aboue nature, either in the breastes of women, or in the priuye members of boyes or men, called the colt euyll among horses, but in men the aboundaunce of nature, with heate gathereth vpon a lumpe. And it doth quench and dry milke, in womens breastes. Plini

Hemlocke is a venemous herbe.

wryting of the nature of this, sayeth it was the publike or common death, vsed among the Athenians. The seede and the leaues, haue power through coldnes, to kyll both inward, and outward partes of the body: the remedy is this, sayeth he, before it come to the vitall partes, to drynke hoate wyne, but drunke with wine it is incurable. But the iuice of this, dropped into ỹ eye doeth quench the heate, and clense the syght, and healeth a dysease called Epiphora sayeth Anaxilaus. And thus I ende of this venemous herbe, which here in England, women vse to bucke their clothes with: and Weauers do make quylles vpon their stalkes, whych bee called Keres.

Marcellus.

What is the nature of the Artichoke, whose heddes bee sodden with Beefe, and vsed among vs for meate.

Hilarius.

Scolimus. Cinara. Artichocke.

THe Greekes call it Scolimus, it is also called Cinara, bicause this herbe delyghteth to grow in earth, myngled with Ashes: Some suppose it to be named Cinara, of a mayden who as the Poets dyd fayne, was transformed into a great Thistel, or an Artichoke: thys herbe is commonly knowen, and is of two kindes. That whych is full of pryckes, both in the fruicte and leaues is wylde, and of small effecte, and that is taken to bee Scolimus. Cinara the tame or Garden Artichocke, is good. The roote or leaues beyng sodden, or drunke with wine, doe heale the stinkyng and filth in the bladder or yarde of a mannes body: and make the bryne sweete, and clense melancholy or fleume, whych doth abounde. This saith Dioscorides and Ga-

A nourishing herbe.

len, in lib. ii. de alimentorum facultatibus. This fruicte doth nourish the body, and increaseth the seede of generation, both in Men & Women, if it bee well sodden, in potage or Wyne, and is a prouydence of Nature, and healeth. Plinie doeth greatly commend this herbe, saying: if the roote be sodden in wine to the thirde parte, it is wholsome to be dronke, either after the bath, or after Meate: and doeth cause bryne to be clensed aboundātly, through which the corruption of the raynes and Bladder, shalbee purged effectually.

And

And thus I ende of the Artychocke, which is hotte and dry of nature, as appeareth by the taste in the Mouth, whych wyll burne, and is bytter in the mouth.

Marcellus.

What is the nature of Trifolium, called the three leaued grasse? Triple grasse.

Hilarius.

THis herbe beareth a sweete flower, and euery day his nature is, to leese vii. times his sauour or odour in a day, and receiueth it seuen tymes agayn in the same day. But being dried, it kepeth stil his sauour. Of this herb there be two kindes, the one of purple colour & sweete, and the other white flowred, and not so sweete. The roots be long & whyte: this herb groweth in euery medow in June and July, & is hoat & dry in the thyrd degree. Dioscorides sayeth, the seedes and leaues, sodden in water or wine, and so drunk do not onely helpe the diseases of the sides, but also the fallyng sickenesse, the dropsy, or water creppyng betwene the skinne and the flesh, the strangurye, both in men and women. And also purgeth the humours menstruall: three dragmes of this, stamped with Orimel, and drunke in wine, doth helpe the bityng of all venemous beastes, and wyl not suffre any venime to come within the body. Euen so it helpeth both Tercians and Quarteins. Galen is of the same mynd, and Plinie doeth affirme the same: that it preuayleth agaynst poison and venime, drinking .xxv. grain waight, of the leafe, or the seede. And this sayth he, is a goodly Antidotarie, & also there is no Serpent dare come neare the tryple grasse: it is wholsome to make warme, and heale wounds, and cankers. And thus I end thereof.

Two kyndes of Triple grasse.

Triple grasse hath many vertues, and celleth against poysons

Marcellus.

What is the blessed goodnes of that worthy herbe, called Valerian, which some do cal the blessed herbe? Valeriana

Hilarius,

IT is named Phu in Greeke, and Nardus Siluestris in Latine, or Valeriana & there be of it two kindes, the great and the litle, & this herb of some learned men is called Triacle, bicause it wyl clense venime from the stomack & lydes, and clense the stopping of the matrix, and the vrine, as Plinie affirmeth, beyng drunke in wyne. Dioscorides sayeth, if you dry this herbe & drinke it, it wyl moue vrine, and helpe the dolour in the sides, and force Termes menstrual, and the best of this doth grow in Pontus. We haue good Valerian also of good vertue, to helpe inwardly for the stone, and outwardly for Wounds: and a goodly precyous Balme may bee made thereof, to heale wounds with al. The Spanyards do call it Herba benedicta, the blessed herb bicause it giueth such health, to purge termes, and help the stomacke. It is not much inferiour, to the Narde of Inde: but for the stone, it is better. It is hoat and dry in the second degree: and wyl grow in moist places, of a great height. They do greatly erre, which do take Calamus rootes, in the place of Valerian: the roote hath many smal rootes, growing vnto it, lyke vnto the Beares foote rootes, or the rootes of Iuncus Odoratus: somwhat yellow & sweete are best, and must be gathered in Sommer, and dryed for pessaries, and clensyng of vrine: this herb is commonly knowen, for his singuler ver-

For wounes.

Valerian maketh salues of great goodnesse.

tue, among Phisicions and Chirurgians, and also precious for women. And sodden in Wyne, with Fenell seede and Mastick, it is diuretike, and most best for them, whych haue either the collike or stone.

Marcellus.

What is the nature of Columbine which beareth pleasant blew flowers, whereof some also beare white?

Hilarius.

Columbine.

A Columbine is called Aquilegia and is commonly knowen, the flower of fiue heades, like vnto Egles, meeting together in the neither part of the said flower, the vpper part ipreadeth out with winges, and feete answering vnto the same, therfore it is called the Egles herb: the Leaues be like vnto the greater Chelidon,

For swelling in the throate.

but somwhat rounder and softer: it floriſheth in the moneth of May, and is somwhat hoat of nature, and doth dry vp Scabbes and Fistulaes if it be stampt and applyed vnto them in the maner of a plaster: it helpeth also to resolue, clense, and scoure Struma or the paynfull swellyng in the throate, called the Kinges Euill, receiued in Milke, sweete wyne or Oximell squilliticum either drunke or vsed in a Gargarisme warme: if the iuice thereof be mingled with wheat meale and made warme this way, it hath in Plaster great vertue to dry vp moyst humours in Biles or sores. Many do affirme it to be Ægilops, wherein they do greatly erre, for that is a kynd of Dates or els Iuncus odoratus whereof is mention made before. But this Columbyne may be vsed in his place. It also clenseth young chyldren if it be put in theyr drynke from a filthy growyng in theyr body through the aboundaunce of heate, called in the south the Redgome: but in the North it is called the Felon, and thus I end of this herbe, *Marcellus.*

A.h.medicē.

What is then the nature of Chelidon, commonly called Cellenden?

Hilarius.

Chelydonion.

IT is called in Greeke Chelidonion Mega, that is the great Chelidon or if you wil, ỳ Swallowes herbe, for a Swallow in Greeke is called Chiledon: and it agreeth well to the reason that Plinie maketh concerning this herbe, which obserued fyrst the Nature of the same, saying, it doth grow when Swallowes do breede, and if through the heate of the swallowes donge, theyr young ones loose theyr syght, eft soones nature hath taught the old ones to gather thys herbe, through whose vertue the sayed younge byrdes receyue agayne theyr syght: this herbe is hoat and dry in the thyrd degree, and is commonly knowen of euery reasonable Man or Woman. Dioscorides lib. ij. cap. clxxvj. sayth: if the iuice be strayned into a brasen Vessel, and myngled wyth Hony and so boyled into a thyckenesse vpon a soft fyre, thys hath vertue to claryfye the Eyes, and to lyghten the syght. The leaues, stalke and roote, stamped and streyned in Sommer, and kept in a close Vessell, and dryed by lyttle and lyttle of it selfin a shadow place, this iuice is good to make Trosses wythal, to heale the eyes. The roote thereof sodden in whyte Wyne, wyth Annysseedes, and so strayned, is good to be drunke against the yellow Jaundice & stopping of ỳ Gall

Swallowes dunge wyll make blynd. example of Tobias.

For sore eyen

And

And also it dryueth away all maner of Choler adust out of the body: if it be sodden with vineger, Hony, whyte Rose leaues, and Swynes Grease, it clenseth the body from Scabbes, Biles, Soores, and Cankers. Many precious Oyntments, waters, Salues, and balmes, be made of this herbe, as Galen, Plinie, and Ramundus Lullius, saith: it may rather bee called Celidonum ỹ is a gyft of heauen for the synguler gyft and goodnesse thereof, rather than Chelidonium, or the Swallowes herbe: and thus I ende of thys most precyous herbe called the great Chelydon. There is a nother lesser Herbe of thys name whych is also called Scrofularia minor, hauyng Leaues much like vnto Azarabacha or Iuie, hauyng many small rootes whyte, in the forme of Peares, but very smal, and thys herbe hath yellow flowers, varnished with in lyke gylte, whych the common people call Kynge Cuppes. Theophrastus sayth in. lib. vij. cap. xiiij. thys herbe vanysheth away when Swallowes come in, or begynne to breede: Galen saieth that thys Herbe is hoatte and drye in the fourth degree. Dioscorides sayeth it wyll exulcerate or blister the skinne, by whych meanes it clenseth, scoureth, and casteth away foule scabbes, and leprouse matter from the skynne. The Iuice beyng tempered wyth Honye drawne vp into the nose, purgeth the head. After this maner vsed in a Gargarisme, it doth clense the throte, and corruption of the stomacke and longes. This Scrofularia or small Celidon is extreame hoatter in Asia than it is in Spayne, and more hotter of nature in Spayne, than here in England. In Scotland I haue seene the people eate of this small roote parboyled wyth other colde sallet herbes, wyth cleane Oyle, Sugar and Vynegar: for euery herbe flower and roote must be obserued according to the nature of the region aswel as of their owne tẽperament. And thus I end of these two herbes

Dioscorides lib. ii. cap. Clxxvij.

Scrofularia.

Marcellus.

What say you then of an herbe called Pimpernell?

Hilarius.

IT is called Pimpynella or Pampinula, whereof be two kyndes, the greater and the smaller. These Herbes bee commonly knowen with long rootes, cornered stalkes, agged leaues, white flowers and small seede, and doeth grow in euery place, as Feldes, Woodes, Pastures and Meddowes, and it is hoate and dry in the second degre nerehand to the third: the iuice of this herbe is drunke against the biting of Serpents. If it be drunk in wine, it clenseth the raines and bladder. Nothyng is better agaynst the Strangury, both in men and Women. The Distilled Water of thys Herbe doeth drye vp moyste humoures in the eye, which we call blered watryng eyes: it clenseth spotties from the face: and drunke with Mithrydatum, there is nothyng better against the Pestilence, and thus I end of thys herbe.

Pimpinella. is good against the Pestilence.

Marcellus.

What say you then of an herbe called Sheperdes purse.

Hilarius.

THis herbe is called Pera pastoris, because it is like a bagge which sheperds do vse to weare. The seede is not vnlike vnto a litle part of a small bird.

Sheperdes purse, to stop bloud.

The leaues be like vnto Rocket, it is cold of nature, and stoppeth bloud of flixe, being drunk with small Red wine or Plaintain water. A plaster made of this herbe with vineger and fresh swines grease, doth quench all inflamacions, or heate of the body, as the Shingels. &c. The iuice alone doth heale a new wound, and stoppe the bloud. Nothyng is better to restrayne the immoderate flixe menstruall, than to make a fomentum, and moist bath of thys herbe, and to syt ouer it close, and to drynke of the same clarifyed in Redde wyne. Many great learned men do affyrme, that the onely holdyng of thys herbe in a mans hand, doth stoppe the bloud flowing at the nose, or any other part of the body. Many marueiles might be declared of the vertue of this herbe, but to the ignorant and incredible, it is but vaine to wryte any farther, and thus I ende of Shepards Purse, or bloud stopping herbe.

Marcellus.

What is the nature of Lyons foote, called Pes Leonis?

Hilarius.

Lions foote. Pes Leonis.

It is in forme lyke vnto a Lions foote, with broade iagged leaues, with viii. indented leaues together in one, smal flowers, yelow in couler. the stalke. vi. handfull longe, with a roote finger bignes, in colour somwhat red, in nature this herbe is dry in the second degree: the iuice thereof doth ioyne new wounds together, and healeth them quickly, the decoction thereof is holsome to wash all manner of woundes new and olde, with warme linnen clothes, washed in the same: and the Decoction healeth womens sore breastes: if this be drunke in wine, it healeth wounds inwardly, in the breast belly, and guttes: and draweth vp the guttes in younge children, that are slypped downe from the body, through occasion of weakenes, coldenesse, or the flixe. This is an excellent herbe for Chirurgens, to heale woundes wyth all, and thus I end of Lyons foote.

To heale wounds and sores.

Marcellus.

What haue you els to say of the nature of an herbe called Knotgrasse, or cumber field?

Hillarius.

Knotgrasse, Kneeherbe, or Poligonon.

It is called in Greeke Polygonon, because it hath so many knottes, lyke knees or ioynctes, there is an herbe that stoppeth bloud better than thys doth, and it beareth an infinyte number of small seedes. The leaues be lyke vnto Rue, somewhat longer, and by euery leafe the seede doth growe, and beareth a small white flower. This herbe is taken to be a weede of no estymation, and is cold and dry in the second degree, and in the begynning of the thyrd. Dioscorides sayeth, it hath vertue to restrayne and coole, if the iuice be drunk, either of them which spitte bloud, pysse bloud, or els haue ỹ bloudy flixe. Notwythstandyng, it doth clense the raynes, and preuent or put away the fit of a feauer, if it be drunk one houre before the accesse of the same. It stoppeth the flixe menstruall, either in a vomit or a bath, or to drinke the same with wyne. It doth the lyke agaynst the distyllyng of the whytes of women. Dropped into the eare, it fortyfyeth the hearyng of them which bee dull or stopped. This herbe stamped with Hony, doth heale sores, infectyng & corrupting the priuie or secret members: the leaues thereof do quench the

burnyng

burnyng Shingles, hoate inflamacions, and ieyne heale and clense newe woundes. There is no better plaster than this agaynst the heate of the stomacke, and thys affyrmeth Galen and Plinie, thys mutch of this herbe.

Marcellus.

What is the nature or vertue of Stœchados.

Hilarius.

THis is a noble Herbe, and of great vertue, leaued lyke vnto Tyme, w knops in the toppe lyke Hoppes, wherevppon grow purple Flowers, sweete of sauour, bytter of taste, the roote is small and hard, it beareth flowers in June, and it is of a restraining temperament, somewhat cooling: the decoction thereof helpeth the lunges euen as Hysop doth, and is put in many medicines of great vertue: it doth extenuate or cleanse the inwarde partes of the body, the Lyuer, the Splene, the Reignes, Guttes, and priuye members: prouoketh termes menstruall, and helpeth all the dyseases of the stomacke, and thus affirmeth Dioscorides, Galen, and Plinie: this Herbe groweth in Arabia, and is brought from Alexandria, euen so there is great plenty growyng vpon the Mount Gargane in Italy. The Arabians do call it Astochodos, the Italians call it Stœchade: and thus I ende of thys worthy straunge Herbe, which groweth not commonly in Englād, but the Poticaries haue it.

Stœchadus or Stœchas.

Stichados good for the Splene. &c.

Dioscor. lib. 3. Cap. xxvi. Galen lib. 8. sim. medica.

Marcellus.

What is the nature of Verbascum.

Hilarius.

THis herbe is of diuers kyndes. The one is called Mullen, whych is a long herbe like a ware taper, bearing yellow flowers in ẏ toppe with small seades, whych is called the whyte male Verbascum: but the white female is in the same forme, and beareth white flowers. Then there is a kynd of blacke Verbascum with great rootes, sondry braunches, and yellow flowers, and these herbes be called Lunge worte, among the common people. The thyrde kinde is called Pagles, or Cowslips. These herbes are cōmonly knowen, and be of a dryng nature, & do greatly restrain or stop ẏ belly, in the tyme of a blouddy flyre, the decoction of thē beyng dronke warme. The water of them quencheth the inflamacion or burning of the eyes. This herbe stamped with clarifyed Hony in a Leaden morter, puttyng thereunto wyne and Vineger, doth make a medicine to heale Vlcers withall. Thys same medicine is good against the stynging of an Adder, Snake or Waspe. The iuice of theyr leaues tempered with washed Oyle of Lynseede, doeth heale scalding or burning of the skinne or flesh. The pith which is in ẏ roote, is good to heale Fistulaes. And al the flowers sodden in vineger, doe heale the Kyngs Euil, applied to the place, or in gargarisme: ẏ roote, seede, or leafe, sodden in Wyne, is good, not onely to be dronke agaynst all dyseases of the lunges, breastes, sydes, and raynes, but also casteth out of the flesh any thyng therein fyred, as Nayle, Thorne, or pryncke. Of this herbe is there a synguler medicine made for beastes, Horse, Cow, or swyne, after this maner. Stampe thys Herbe, puttyng therein Fenicreeke and Madder wyth warme Ale, conuey it into the throte of the sycke Beast, wyth a Horne or tonnell made for the same purpose, and thys wyll heale and clense theyr Lunges. For lacke of thys, and many such good lyke medicynes, do many Beastes dye.

Verbascum.

Cowslippes or Pagles.

Therefore, good Marcellus, take here none occasion to dispyse this my regement for men, although I here shew a litle medicine for beastes. for we without them should liue very beastly. They be the giftes of God, his creatures and our seruaunts: and thus I do ende of this herbe called Verbascum, Mullen, or Cowslip. Pyrimerose also is of the same kynde.

Marcellus.

What is the nature of Tormentill:

Hilarius.

Tormentilli doth growe & diminish with the vine.

THis herbe is called Ceptaphillō, Tormentill, or of some Bistorta: this hath leaues like fyue fyngers, but that it hath. vii. leaues in nomber iagged or tothed lyke a Sawe, growyng about the stalke wyth yellow golden flowers. wyth a greate roote. Plinie saith lib. xv. cap. ix that this herbe doth begyn to growe, and vanish when the Vyne doth growe and wyther: thys herbe also groweth vpon hilles, and in Heath ground, and in Woodes. The temperament or complexion of thys herbe is colde and dry in the thyrd degree, say thelate writers, but others affyrme not the same, but rather that it

L. Fuchsius in histo strip.

should be hot in the thyrd degree, and that appeareth by hys faculty, it wanteth coldnes in the thyrd degree, but rather is of the nature of Quinq; folium, and the roote is dry in the thyrd degree, and hot. Paulus Ægenita saith, if this herbe be stamped with Oyle, it wyl heale the sorenes of the feete or scabbes,

Against the Pestilence

wythin thre dayes. The new writers say, it wyll close & heale new woūds, and cleanse the eyes. The pouder of the roote, wyth the iuice of Planteine, is dronke against the stopping or scaldyng of vryne. it is good against poisō. pestylence, and bloudy flixe, kynges euyll, fylth in the mouth, and sorenes or swelling of the stomacke or Spleane, Liuer and Belly, and stoppeth bloud, if it be dronke in the decoction, the Water, or pouder. Sheepe which feede

Tormentyll kepeth Sheepe from the rot.

therevpon shall not dye on the rotte. and that I haue seene proued in sundry places in Norfolk. and in a place of Suffolke, called Blarall, vpon a lytle sheepes walke, in the same Towne, whereas Sheepe lyued many Yeares wythout rottyng, through the vertue of thys herbe: and Shepardes haue obserued the same. And thus I ende of Tormentyll.

Marcellus.

What is the vertue of Rocket Gentle?

Hilarius.

Eruca or Rocket. Dioscor. lib. 2. Cap. xxiiij. Galen lib. 2 de aliment.

THis herbe is called Eruca for it doth erode and burne with heate, an byteth the tongue, it also smelleth lyke a Fore, the seede groweth in a cod lyke to Rapes with a whyte roote, yellow flower, and iagged leaues, and is very hoat of nature, and increaseth seede of generation. And the people of Spayne, sayeth Dioscorides, dyd vse this Rocket seede in the place of Mustarde: it hath vertue to prouoke plenty of vryne. Galen saith, eaten alone, it hurteth the head: therefore his councell is to eate it with Lettice, to rebate the heate. The rootes soddē in water, wil draw forth a broken bone, The seede is good against the stinge of Serpents, and poyson of Spiders made in plaster: and dronke, it hath vertue to expulse wormes out of the belly, saith Plinie.

Marcellus

Marcellus.

What is Serpentaria?

Hilarius.

OF this herbe, there be two kyndes, the male is called Biſtorta, ỹ female is named Colubrina, the leaues be faſhioned much lyke Beetes, a ſmall ſtalke wyth a buſhe in the top, and groweth in darke places, and is colde, reſtrayning and dryying in the thirde degree. The roote hereof doth heale and glewe woundes together in a plaſter, & doth chiefly ſtop the blouddy flixe: the pouder or decoction reſtrayneth vomits: and it ſtabliſheth the teeth, the decoction warme holden in the mouth. It hath the ſame vertue which Britanica hath in ſtopping or reſtrayning: it doth retayne the newe conceyued ſeede wythout hurt in the Matrix of the Mother, and thus I end of Serpentary.

Biſtorta hath a crumpled roote, lyeing wrinkled like a ſerpent, but ỹ female roote is black, without, and red within, and a great knot in the ende.

Marcellus.

Giloflowers are ſweete and pleaſaunt, but are they good for any medicine?

Hilarius

YEa forſooth, they are no leſſe profitable, than pleaſaunt, and greatly commended among the olde Writers: for Dioſcorides reporteth of them, that they do not only preſerue ỹ bodies of men from corrupt Ayres, but alſo keepe the mynde and ſpyrituall partes, from terrible and fearefull dreames: through their heauenly ſauour, and moſt ſweete pleaſaunt odour, they do fortifie the brayne: there is no Apothicary can by any naturall Arte, make any confection ſo pleaſaunt as this is, whych nature hath wrought moſt wonderous in pleaſing of the ſenſes, both of ſeeing and ſmelling. If Giloflowers be ſtamped, they heale newe woundes of ỹ head, and drawe forth broken bones. The decoction of them is good to waſhe the head withall. The Oyle of Giloflowres doth heale the byting of a mad dog, and woundes of the ſinewes, and cold goutes. If this flower be ſodden in whyte Wyne, it driueth away the terrour of a Tertian, and the horrour of a Quarten, being dronke warme before the fit: and by ỹ meanes alſo be Wormes killed in the belly. This herbe of nature is hoat and dry, & of thys there be ſundry kyndes, ſome ſmall and ſome great, and of ſundry collours, as whyte, red, carnation. &c. And is called Garyophyllum, or a domeſtical flower, and in the olde tyme it was vſed to be put in the Gardens among the Romayne virgines. The roote is good agayuſt the Peſtilence and Falling ſickneſſe, and thus I end of Giloflouers.

Giliflowers. Matthiol. in Dioſco. lib. 3. Cap. 152.

Giloflouers wyll heale wounds.

Marcellus.

What is the naturall vertue of Houſlyke?

Hilarius.

IT is called Houſlike, and Seengreene in the South partes of England, but in the North it is called Full, in Latten it is called Sedum or Semper viuum, that is euermore lyuing, and neuer dying: therefore the old Writers do call it Iouis barba, Iupiters Beарde, and holde an Oppinion ſuperſticiouſly that in what houſe ſo euer it groweth, no Lyghtning or Tempeſt can take

Sedum. Houſlike.

can take place to doe any harme there. The leaues be lyke vnto Tongues, this herbe is commonly knowen, and thereof be three kyndes: the greate, the meane, and the lesse, and of temperament and complexion, they be somewhat dryng, and vehemently cold. I meane the two fyrst kyndes. But the thyrde, whych is the least, called Stonecrope, is hoate in the thyrd degree, and will burne the tongue, if it bee bitten vpon, Dioscorides calleth it Telethion. The great Houslike doeth quench hoate Apostimacions, Biles, paynfull sores, Fellons, Rednes in the eyes, Scaldyngs and burnyngs, and the rich mannes euyll, called the Goute: eyther stamped by it selfe, or els myngled with Barly meale, oyle of Roses and Vinegar: and this way it doth helpe the head, and reconcile sleepe. The iuice of this herbe dronke in wyne, preuayleth agayn the byting of venemous beastes, bloudy flixes, and womēs termes flowyng immoderatly, and kylleth wormes in the Belly: and thus affirmeth the said Dioscorides, Galen, and Plinie. But the thyrde kynde, called Telethion, hath vertue to make hoate, to blister the skinne: and stamped with Hogges grease, it doeth heale the kynges euil, or paynes in the throte, if it be warme anoynted therewith oftentymes. And thus I do end of this Houslike, whych is commonly knowen, growing vpon walles, or house toppes: and of the other .ii. kyndes, growyng vpon ruines, rockes of the sea side, or broken walles.

Dioſco. lib. 4 Cap. lxxxvii.

Many goodly medicines made of houslike.

Marcellus.

I Pray you, bee not Nettelles a noysome kynd of weedes? Ye thinke they should be none other: as appeareth by their spyghtfull stinking, for they be fearefull, both to Man, Woman, and Chylde, & sondrye kyndes of beasts.

Hilarius.

Vrtica the, Nettle.

NEttel is called Vrtica ab vrendo, of burning, blistering, or stingyng of the skinne. There be two kindes of Nettelles, the common Nettell, and the red Nettel. There is also the thyrde, though not commonly knowen in these parties, called Vrtica Romana, the Romaine Nettel, of the which there groweth plenty about the walles of Yarmouth. This Nettel beareth great beries vpon it, and the other Nettles but sedes: and of nature they be al bery hoat and dry. Dioscorides sayeth the vertue of them, is to heale the bityng of a madde Dogge, stamped wyth Salt, and so applyed to the wound. It doeth the lyke vnto Cankers and to cold swellyng Apostumacions: ỳ iuice put into the nose, stoppeth bleedyng. The iuice tempered with clarifyed Hony, clenseth the lunges, stomacke, and sides: dronke wyth Ptisant, it doeth clense the belly, and matrix of a Woman. The iuice also tempered wyth Myrrhe, wyll moue termes menstruall, if it bee dronke warme. The seede thereof finely beaten in pouder, and dronke in wine or broth, doth augmente and increase the seede of Generation. The seede of redde Nettels, being gathered betwene the sainct Marye dayes, may serue poore Men in steede of Peper, and hath the very taste of Peper, and is good to season Pyes, or what you wyll therewith. And of vertue is accompted, of no lesse Value than Peper: the Leaues of Nettelles sodden wyth Oysters, cleanse the Raynes of the Backe, scoure the Bladder, and prouoke Vryne.

Nettle sedes will serue in the place of Pepper.

And

And they are good agaynst obstructions,and stoppyng of the Liuer,vppon colde causes,and kyll Wormes:the syrupe thereof is most excellent to bee dronke of women,in theyr paynfull trauayle of chyldren, and causeth spedy delyueraunce.And thus I ende,of the nature of Nettelles.

Marcellus.

What is the nature of Pæonia?

Hilarius.

Pæonia is called the chaste herbe.

THys is an herbe of an excellent vertue,and is called ỳ chaste herbe: ỳ coddes therof are full of graynes, in forme to the Pomgarnet.There bee twoo of them in kinde, the male and female.It is sayd that the noble Clarke Bias was the first inuenter of this herbe: this is commonly knowen amongest vs here in England. The flowers are like vnto a Rose. The seede doth grow in a cod, which seedes be of colour red and blacke, and it flourisheth in May: the roote is somewhat byndyng of nature,neyther bitter nor sweete, but betweene both.And is of a drying heate,in the second degree,and warming in vertue.Galen declareth ỳ a chyld did not fal,as long as he had this roote hanging about his necke, But we haue oftentimes proued it contrary: but for the fallyng sickenes the pouder thereof tempered with Mugwort water,and giuen vnto ỳ sicke pacyent: preuayleth greatly agayn the fallyng euyll.The iuice of this herbe or pouder,is good to be dronke agaynst the stoppyng of the gaule, lyuer, or raynes:if it be sodden with olde redde wyne,and dronken, it stoppeth the bloudy flixe.The redde graynes,doe stoppe the redde menstruall humoure: the blacke graynes,sodden in redde wyne,doe fortifye and strengthen the matrix in them in whome the flure of bloud doth abound.The roote sodden in wyne and dronke,purgeth the belly,putteth away the collike, maketh cleane the guttes,defendeth againstfrensies and passions of the brain,strangury,and bityng of Serpentes.But there must no more be taken in medycine at one tyme,but fower drames: and what is better than Pionie agaynst the yellow Jaundice,beyng dronke in whyte wine,with the pouder of Saffron? Thys and many moe vertues hath this worthy herbe, and is beloued of the Spaniardes,and of theim it is called Rosa Delmonthe. And thus I conclude of this vertuous Pionie,that the redde is better than the blacke.

A good medycine for the fallyng sickenes. and the yelow Jaundice,made of Pionie.

Marcellus.

What is the nature of a straunge herbe,called Asparagus?

Hilarius.

Asparagus hath many goodly vertues,specially to increase seede.

THis is an herbe of great vertue,and ful of rootes,long stalkes ful of braunches. The braūches that springe first from ỳ roote be preuented of them, which grow after them.This is a garden herbe:but of his owne nature it groweth in rockes,chiefly in Italy.Galen sayeth,that this herbe of nature is marueilous: for it is sometyme coolyng,and sometyme warmyng or heatyng. And also cleseth and scoureth:if the tender braunches of this herbe,be sodden in wyne & dronken,they doe not onelye molifye the Bellye, but clense the raynes.

Nothing

Nothyng is better to open the gall and clense the yellow Jaundice, than this herbe is: there is great vertue in the roote, to bee made in pouder, or sodden in medicine, for the same purpose. The beries be of a singular vertue agaynst the diseases of the teeth: the water of this herbe, wyll clarifye the eyes: the syrupe doeth increase seede of generation, the decoction thereof in Vynegar, preuayleth agaynst the whyte leprosie. There is no herbe soner conuerted into good bloud thã Asparagus, notwithstandyng the beries therof must be boyled and eaten with sweete Oile, Vinegar, and sugar: and then it preuayleth against barrennes of women. Plinie doth commend this herbe, the.xx. booke, the.x Chapter, that it preuayleth agaynst the paines of ẏ bone called spina, and all these foresaied diseases. Auicen sayeth in his last Fen. lib. iiij.

To make the vrine sweete.

that this herbe maketh a pleasaunt odour in meate, and bringeth sweetenes to the whole body, clenseth stinkyng vryne, and causeth the bladder and all the vesselles to bee sweete. Galen doeth not a lyttle commend it, Lib. vij. de Alimen facultatibus. And Dioscorides lib. ij. Cap cxviij doth first begin the praise and laude of this herbe, wyth all his vertues. And thus I ende of Asparagus.

Marcellus.

THys same is an herbe, of incomparable vertues, and doeth excell all other, for his synguler goodnesse to mankynde: I truste to remember it therefore. Now I shall desyre you, to shew me the nature of ẏ great Burre, which is more commonly knowen, than commended: notwythstandyng, I would bee glad to learne the vertue, for euery manne doth know it, to bee an herbe of great anoiaunce in pastures, and an vnpleasaunt atire, for the maines and tayles of horse.

Hilarius,

Bardana the great Burre

THys greate Burre is called Personata, Iappa maior, or Bardana, and is commonly knowen, whose Burres wyll cleaue to the apparaile of menne: the leaues bee verye broad, the roote greate, wythin white, wythout blacke and doeth grow commonly in many places, and is drye and byndyng of nature. Dioscorides sayeth lib. iiij. if one dragme weight of this be dronk wyth the curnelles of the Pyneaple, it doeth helpe the cough, and spyttyng of bloud, and fylthynesse in the stomacke, and is good agaynst the contraction of the sinewes, and specially of the Arteires. If the leaues bee stamped, and applyed plasterwayes, they do heale old rotten sores, and stinkyng fystuly vlcers: euen so wyll the iuice of this herbe doe, for Galen affirmeth the same. The decoction of the roote thereof, is good to washe woundes withall: the roote stamped wyth Salte, doth heale the byting of a mad Dogge, applyed to the wound. The iuice tempered wyth Hony, and so dronke, prouoketh vryne: and taketh away the paynes of the bladder. The seede beaten in pouder, and dronke in wyne, by the space of fourty dayes, wyl take away the paynes of the huccle bones, called Sciatica. The leaues stamped with the whyte of an Egge, also heale Burnyng or Scaldyng, thus sayeth Apulcius. The roote preuayleth agaynst the bytynge of Serpents, eyther inwardly,

Rotten sores helped.

Scalding and burnynge helped.

or out-

or outwardly: the same roote sodden in Wyne, doth cleane deliuer a man from the horrour of the feuer quarten, if he drinke thereof, one hour before the comming of the fit. And tempered with Swynes grease it maketh a goodly Playster, agaynst the swelling of the Throate, called Angina, and thus affirmeth Columella. And here I do end of Burres.

Marcellus.

What is the naturall vertue of an herbe, called Gramen, or Stichwort?

Hilarius.

THis Gramen is called Spere wort, Stitchwort, or Stitch grasse: It groweth in dark places, and an infynite number of stalkes grow from one roote: the roote creepeth of a great lēgth within the groūd, but not deepe. The flowers be white, growing vpon the top of the braunches, w a prety round seede in the middes. This herbe is cōmonly known, cattell delite to eate thereof in pastures: they do greatly erre, which take this herbe for Eufragium. It flourisheth in Aprill, most sweete, white, & pleasaunt. This herbe is cold and dry, with a little bitternesse, hauing vertue to open: Dioscorides doth say, the roote hath vertue to close a newe wounde together. This herbe sodden in Wyne, doth breake the stone: it is good agaynst ỹ hardnes of the splene, stopping of the lyuer, and galle. It clenseth the raynes, scoureth the bladder, and conduites of Vryne: Galen doth call this herbe Pernasus, for there groweth great plenty thereof vpon a Mountayne in Greece so named: which had two high toppes, vnder whom did dwell the. ix. Muses, as Poets fayne. Plinie sayth, the seede doth behemently purge the bryne, and stoppeth vomites, with many other goodly vertues. And thus I end of Stitchwort.

Gramen is Stitchwort.

Stitch wort will heale the stone, & heale woundes.

Pernasus herbe.

Marcellus.

What is the nature of Sauine, that bitter bushe?

Hilarius.

THis venemous hearbe, is commonly knowne, from whom diuers Diuelishe drabbes, haue gathered venim, to destroy their bastardly childzen, to couer their filthy whoredome withal. And yet ofttimes it happeneth, that the mother is slayne, and the childe is deliuered, and by Gods prouidence, is helped and saued. Yet this herbe rightly vsed, is of a singuler vertue, & may rather be numbred among trees, than herbes, for no frost can kill it. It groweth very thicke, like vnto a bushe, the leaues do neuer wither nor dry, it groweth in gardens, the beries are gathered in Haruest, and it is hoat and dry in the thride degree. Dioscorides sayth, the fyrst booke. 88. Chapt. that there be. ij. kindes of Sauin: one hath leaues lyke vnto the Cipers tree, th'other hath leaues lyke vnto the Tamarice tree: They haue vertue being stamped, for to heale all paynefull sores, Byles, and pusshes, applied vnto them. This herbe is a good perfume agaynst the mother, to burne when Women do sownde, receyuing the smoake in at ỹ nose: Tempered with Hony, it breaketh a Pestilent sore, mads in plaster wayes: Drunke in Wine, it purgeth them that pisse bloud. And by subfumigation, it doth drawe downe the dead chylde from the Matrix of the Mother. It

Sauine.
A practice of Harlottes wrought by Sauine.

Sauine of. ij. kyndes.

is mingled in hoat oyntmentes, against coldneſſe of the ioyntes & ſinewes. and is good against the Palſie. Plinie doth greatly commend this, in his. 42. boke. Chap. xi. It is good to put Sinamon to this herb, beyng vſed in medicine. ii. times the weight: It helpeth alſo the kynges euill, or paynes in the throte, made in the maner of plaſter. The fume of this herb doth preuaile against the French pockes: and thus I do conclude of thys Herbe, called Sauin, which the Arabians call Abell.

A new practice for ỹ por made of Sauin.

Marcellus.

What is the nature of Daiſies, double or ſingle, I pray you tell me?

Daiſies

Hilarius.

NEither did Dioſcorides, nor Galen write of theſe herbes, nor any of the auncient Greekes: but Plinie ſaith, that one Bellius was inuenter of this herb, called Bellis. And this herb hath. i. little braunches, or white beames growing round about the yellow flower, which is in the myddes. and ſome do call it herba Paralyſis. What ſhall I ſay any farder I neede no more deſcripcion thereof, bicauſe this herbe is ſo commonly knowen & groweth in euery field and paſture. Notwithſtandyng, the double Daiſy doth grow in gardens: and theſe great Daiſies do floriſh in May, and of nature be hoat and dry, as we may gather of Plinie, who ſaith this herb doth heale ſwellings of the throte, paines in the necke: therfore it muſt needes be hoat and dry, for no cold thing can help the ſwelling in the throte, This Juice is good for wounded men to drynke, for it doth reſolue hard and cold thynges, Goute, and Sciatica, and is very good againſt the reſolucion of the members, which in Greeke is called Paralyſis, which we call the Palſie. With thys herbe Bellis, and other good medicines, I Bullein did recouer one Belliſes, not onely from a ſpice of the Palſie, but alſo frō the quarten. And afterwatd the ſame Belliſes, more vnnaturall than a viper, ſought dyuers wayes to haue murthered me, taking part againſt me, with my mortall enemyes, accompanied with ruffins, for that bloudy purpoſe, and deadly feede. Sutch was his ſhameleſſe ingratefull nature, Euyll wyl ſtirreth vp ſtrife, and a ſedicious perſone, ſeeketh miſchief. This man being worſhipfully born, doth bare the name and tytle of a Gentleman, rather than any conditions of one in deede. And in complexion is more effeminate, than a feble pale woman: a dweller in the place, whereas holy Bede was borne, but yet poſſeſſing none of hys Vertues. And thus of Bellis the herb, I make an end: and of Belliſes, which would haue ended me.

Paralyſis.

Bellis. Bellides. Bullein.

Prouerb. 10 Prouerb. 17

B. Belliſes of Jarowe in the Biſhoprike.

Marcellus.

What is the nature of Sene, my gentle friend Hilarius, I pray you tell me?

Hilarius.

THere be two kyndes of it: the one is called Sene, which beareth Cods like Brome. The other is a leſſer kynde, bearyng his ſeede in a groſſe Codde. The Codde is mutch lyke an Almond growyng on the tree, but as thynne as Perchemente. The Flowers bee lyke the Flowers of Brome, very yellowe. Thys herbe groweth in Gardens, in the Moneth of Maye and June, and of nature is hoate, in the fyrſt begynnyng of the ſecond degree, & dry in the begynning of the fyrſt degree. A dragme of ỹ

Sene of Alexandria

codde

codde,sayth Actuarius,may be dzunke without any hurte: foz it hath bertue to purge,both fleume and choler. The leaues and coddes be wholsome, to be sodden in the bzoth of an Henne,against old paynes in the head,scabbes, fallyng sickues,and the itche.The iuice in infusion oz steeped,is better to bee dzunken,than the pouder,foz all obstructions in the body: and these bee the wozdes,of that great learned man.Doctoz Actuarius.This is vsed agaynst the aboundaunce of melancholy:and doth open the instruments of the senses,and the parts both Animall,vitall,and Neutrimentall.There is of this growing in Fraunce, but ỳ best cõmeth frõ Alexandzia in Egypt, oz els from Siria,whych may be giuen to women with Chyld, and young Chyldzen, without any hurte,chyefly in infusyon,it may bee also mingled with Cassia oz Manna:oz els it may bee beaten into fyne pouder, and so tempered with Syzupe of Roses solityue,and so dzunke:and thys way it is a gentle lenitiue purgation.But the deluting,steepyng,oz putting these leaues in wine, cold whaie,oz distylled water,with a piece of Suger,and some Anisseedes, standyng all the night in a close potte,and in the mozning streyne it,I assure you,thys is moze better to purge wythall than if it were in decoction, oz soddẽ in bzoth.Note also,when you do make a decoction with sondzy herbs, let all your other herbes be sodden softe, befoze you put in your Sene, foz it is so thinne of substaunce,that els it wyl go away in a smoke.

Here wyl I shew you a most excellent decoction,wherewith I purged sir Richard Alie,a knyght of a synguler connyng:whych knyght hath bene a pzofytable instrument to our common Wealth,in wozthy fozti fications and buildyngs,as of the stronge, and famous towne of Barwick,whose walles are inuincible,as pzesently appereth.Besyde many of his other wozthy wozkes.Thys man beyng sycke,in whome diuers and sondzy purgacions and Electuaries tooke smal effect,thys onely dyd hym mutch pleasure: the best Sene leaues,dzagmes.bi,whyte Ginger dzagme one,the flowers of Bugloss,dzagmes two,mingled together,in a new cleane stone Potte, with a narrow mouth,and one pynte of whaie of Goates mylke: this pot was closely couered in the mouth,that no ayze should go fozth of ỳ mouth. Then it was set in a vessell,wyth hoat water,and so did seeth,by the space of two houres,and then was taken from the fyze,and set in a close place til it was cold,and the vapour cleane delayed.Then it was strained,and giuẽ hym to dzynke,in the mozning folowyng,whych dyd purge choler aduste and melancholy,whych is his complexion.Thys whaye being dzunke, pzeuayleth agaynst all passions of the bzayne,from the head downe to the bottome of the Blader.And helpeth al the senses,both of hearyng,seeyng,and smellyng, and wyll streugthen all the Body:and it doeth exonerate, and vnburden the same of euery humour that doth abound,as cholour,fleume, and melancholy.And thys affyzmeth Mesue:Actuarius,Ruellius,and Matthiolus vppon Dioscorides. lib. 3.cap. lxx.

Sir Richard Alye,his lenitiue,Matthiolus vieth the same in Dioscoridem Lib.3.cap.70.

Sene helpeth the head with al the senses

Marcellus.

What is the vertue of Goose foote, which herbe is lyke

Pes anſerinus. Geeſe feete, wyth iadged leaues.

Hilarius.

Gooſefoote an euill herbe. IT is called Pes anſerinus, leaued like Nightſhade, but more iagged in the ſayd leaues, bearing ſmall little red flowers, with great plenty of ſeede, lyke vnto Arage: it commonly groweth in eche place whereas plenty of dunge is caſt, and is cold in the ſeconde degree, and it is venomous as Solanum is, and killeth Swyne, if they do eate of it: it maketh men to be mad, or die ſleeping, therefore beware of it.

Marcellus.

What is Fellon weede good for, whych is named Saynct Iames weede?

Hilarius

S Iames wort called Fellon weede THe olde Writers made ſmall mention thereof, it hath leaues lyke Rocket, many rootes, flowers like Chamomill, growing by water ſides, and in ſandy places, by path ſides: it is hoat & dry of nature, this will heale Furunculi, called Fellons and other ſores and woundes, and Fiſtulaes: and is holſome to make ſalues wythall to dry, ripe, and heale, and will not ſuffer any venomous ſcabbe, or ſore to ſpreade any further, therefore it ſhould bee good, both for Serpigo, the Canker, and Ringwormes. &c.

Marcellus.

What wyll Spatula Fœtida doe?

Hilarius

Spatula wyll kyll Lyſe. IT groweth by hedges, the Berries grow in coddes, which cods openeth in three partes like the Pæoni, the leaues be long flagges, this herbe is vehemently hoat, and hath vertue to kill Lyſe, as Staphiſagria hath, and to heale ſcabbes. &c.

Marcellus.

What can Dyptin do?

Hilarius.

Telephus. Craſſula, or Dyptin. THys Dyptin will long hange in an houſe, after it be cut, and grow ſtill greene, we call it Dyptin. Telephus was a kyng of the Goathes, and Myſia, ſon to Hercules, which warred vpon the Greekes before chriſtes byrth. Anno. 1212. This man ſlew a famous captayne of the Greekes, named Theſandius, & his ſouldiers vanquiſhed Aiax, and Achilles, but yet Achilles wounded him with a Darte, whych wound was healed by this Craſſula which hee named Thelephium, and vntill thys day, it is ſo called: whereof there be two kyndes, the great wyth whyte flowers, and the ſmall wyth yellow, but theſe flowers be variable, and wil change their couller, the leafe is like Purſlen, but groſſer, and this doth grow in moyſt places, vnder the Droping of houſes in Gardens, and flouriſheth in July, and Auguſt, and is dry in the ſeconde degree, and in the beginning of the thirde, and is very hoate. The Juyce therefore is good to anoynt the place of the Morphewe euery hower, ſo that it bee myngled with ſtronge whyte Vinegar: But Galen affyrmeth that it dooeth not onelye cleanſe the fayntе Morphewe, whych he calleth Alphos, but it alſo cleanſeth a foule corrupt

Dyptin heleth the Morphew.

To cleanſe the Morphew.

ſtynking

stinkyng vlcer,scoureth and dryeth the same.Plinie sayeth, this iuice wyll heale a fylthy Leprous sore of diuers colours to be anoynted therewith, euery hower,day and night.iii.times in one moneth,and as you do anoynte the same,to put vpō the same sore Barly meale.It maketh a plaster for Hernia,and healeth wounds,both old and new,and Fistulaes.And thus I doe end of Opin,or herb Telephion.

Marcellus.

Whatis the goodnesse of Paunsis,or three faces in one hodde?
Some call it Hartesease.

Hilarius.

Herba Trinitatis of iii. colours so named.

THis herbe is called herba Trinitatis :but I read in an old Monkish written Herball,wherein the aucthour writeth,that this herb did signify the holy Trinitie:and therefore was called the Herbe of the trinity,and thus he made his allegorie.This flower is but one in which said he,are three sondry colours,& yet but one sweete sauour. So God is three distinct persones,in one vndiuided Trinity. United together in one eternall glory,and diuine Maiesty.& wel,although the three distinct persones be euen so,whose glory is indiffinable:yet this glory may not bee comprehended of mortall men,nor Angels. The maiesty thereof may not with reuerence,be compared or lykened,by any alligory,to any base, bayne venerous flower:but may rather be called,three faces in a Monkes hodde: That thys day groweth in the Garden,and to morow withereth as duste. Mutch more the offence and daunger is,for any christian man, to graue or paynt any Image,callyng it the signe or Image of the Trinity ;whych can not bee done,of any liuyng creature. for God forbad the same.God hath no man seene,but onely his sonne Chryst,whych is God of his substance,and of the same deitye.Neither any mortall man may see him, before he be clensed by death,& transformed into an other life,sayth the holye scripture:thus all glory be to the holy Trinitye.And now I wyll shew the right diffinition of this herbe,fitte and apt for the same vaine flower.It is called herba Trinitatis,that is,because it hath three colours:yet the old Pagan writers, did call it Iupiters herbe, because of the beauty of colours:it is like a Violette in shape and sauour,and of temperament,is mutch lyke Comphorie, hoat and dry,and is good to be drunke,both agaynst the fallyng euyll in chyldren,and also agaynst all maner of rotten fleume,and filth in the stomacke,sydes,and lunges.Thus it doth inwardly help,in syrupe,decoctiō, or y water inwardly drunk:no lesse it helpeth all wounded men, Women,and Children,and al them whych haue broken bones.Outwardly,it clenseth from the skinne,all itche,skabbes,shyngles,blcers,and ringwormes:& healeth or closeth greene wounds together,without the daunger of any apostumacion, if it be made in plaster,orels the iuice preserued with oyle. For herbes beynge stamped, strayned,and clensed vppon the Fyre, and made colde, and kepte in a cleane Glasse,powre thereuppon freshe cleane Oyle of Olyues, this wyll conserue it, and keepe it from the corruption of Aire,and so you maye preserue your iuice,as this & many other mo serue for syrupes and Salues.

In alleg ory. of an herbe.

Iohn i.

Exodus.20.

1.Iohn.4.

for the health of mankinde. And thus I do end of the nature of Paunses, or the triple coloured Violettes, called herba Trinitatis.

Marcellus.

What goodnes is I pray you in the Iuy, the Womens Christmas herbe. whose leaues be euer greene?

Hilarius.

Hedera or the Iuie bush.

THe Iuy is like a freshe lusty young pleasaunt body, still florishing and greene, the Greekes do cal it Cissos of Bacchus, for they called him Citton, and this is Bacchus herbe or hys Wynter Crowne, & the Vyne is his Crowne in Summer. This is a very euill neyghbour, for where as it doth growe vpon any tree, the tree decayeth, although the Iuy do florish still greene, whereas it is nourished. There be. iij. kindes of Iuy, the white, which is the male, bringeth forth white beries: the second bareth blacke beris: the iij. is fruitles, or groūd Iuy so named, these be cōmonly known.

Iuie hath many goodly vertues in medicine.

Iuy is of a contrary compounded faculty, adstringing, binding, or stopping which is cold & earthly: and it is also bitter and hoat, if it be greene, but dry and cold. The beries sodden in Wyne & drunke, do stop the blouddy flixe, drunke two times in the day and as mutch in the night: the tender leaues sodden in sharp Vinegar, tempered with crums of leauen bread, will helpe the lyuer, made in plaster. Stamped with Roses, and tempered with oyle of Roses, Vinegar and Womans mylke, it doth make a good frontall, for hys forehead, that is payned in the head. The iuyce, with oyle of bitter Almondes, warme put into th'eares, helpeth the instrument of hearing: the leaues sodden in Wyne, be good to anoynt or wash thē, whych haue spots, or scabbes in the face, skin, and pryuy partes. Nothing preuayleth more agaynst the Cancer, then the iuyce of Iuy, tempered with clarifyed Hony, & Wyne sodden together, & so vse the same drinke. i. ȝ. After the natural purgation of Women, if it be drunk, it causeth sterility and barrennesse in them. The iuyce warme, powred into the contrary eare, doth helpe the teeth, on the other syde, if they do ake, but if the beries of Iuy, called Corymbi be often tymes drunke, sayth Dioscorides, they wyll bere and trouble the mynde. Hony and the beries of Iuy, wyll kyll Lyce in chyldrens heads: the iuyce put into the mouth of the matrix, wyll draw forth the dead chylde.

To kyll lyce.

The greene leaues, sodden in Wyne, sayth Galen, do knit, heale, and ioyne cuts, and great woundes together, and heale the body: But yet this iuyce oftentimes drunke in Wyne wyll heale the terrour of a Tertian, or horror of a quarten, drunke before the fit, and also purgeth the head, put into the nose, and wil shorten the sickneſſe. The Gum of Iuy wil blister, and is very hoat, & they which gather it, must cut the barkes from the Iuy: and euery morning, when the sap doth ascend, they shal find it in the nether cut of the barke. Euen so when it discendeth in ỹ vpper barke or rinde, renue your cut euery morning, & washe your hands in vinegar, and Rose water, and your face in like case, before you gather it. But whipe it not, & then your gum shal not blister, or hurt your skyn: thys gum tempered with Ware, put to a payned tothe, wil drawe it forth without paine: this gum must be kept close in a glasse

To heale wounds.

To gather Iuie gum.

To draw teeth without payne.

a glasse or bore of cleane mettell: and these foresayd vertues are confirmed by the best learned, as Dioscorides, Galen, Plinie, &c. And thus I do end of this Iuie, whose gum, leaues, and beries, are wholsome for mankynde. Euen so they are for beasts, as horses or Oxen, against the sickenesses of ỹ Lunges, sodden in Ale or wine, with Anisseedes and Bayes.

Dioscor lib. 2. Capi. Clxxv. Plin. Lib. 16. Cap. xxxiiii. Theophrastus lib. iii. cap. 18. Galen libro simp. medic. 7

Marcellus.

What is the weede, which hath leaues like Peres, growing in Marris or moist ground?

Hilarius.

THis herbe hath broune spottes, in the midds of the leaues, and knottes in the ioyntes, stalkes red, flowers like Lauender. First whyte, then purple, rootes yellow, small seedes, many in number growyng on the braunche. This of nature is cold and dry, the tast doth declare the same: this herbe sodden in Planten water, Ptisant or red wine, doth stop the bloudy flier. And this same herbe, is good to heale Fistulaes: it cleseth rotten sores, and furthermore healeth new wounds. And thus I leaue of this herbe,

Persicaria or Perelenes. growing in marris ground called Iasper.

Marcellus.

What bee brakes good for.

Hilarius.

COmmonly knowen, to lodge the Deare, to shroud and couer the Conie wythall. Dry Brakes be good Fuell, wherag smal plẽty of wood is, or cole. There be brakes male, without flower and seede, growyng frõ one greate roote many braũches, with spots vpon their leaues: the female Brake is common in Warreins & Parkes, And groweth long: if the roote be cut ouerthwart, there wil apeare the similitude of an Egle spleid. iiii. ʒ. waight, of the male Roote, dryed and beaten into pouder, & drunke with sweete water, doth kyll broad wormes in the cheste or belly. But it is bitter, sayth Dioscorides: if sower half-peny waight of prepared Scammonie, be drunke with the same, it wyll worke accordingly, or els as mutth pouder of blacke Elleborus. The female Brake rootes. ʒ. iiii. drunke, sodden in wyne, do kil round wormes: it is perilous to giue to women, it maketh them barren. And if a woman with chyld drynke it, it maketh an abortiue or dead Chyld come forth: the meale or pouder of Brakes, healeth daungerous sores vpon beasts bodyes, as Swine, Kyne. &c. The yong braunches of Brakes, eaten, beyng tenderly sodden, do molyfy very gently the belly. Galen, Theophrastus and Plinie, affirmeth the same. This herbe beareth no seedes at any tyme, although Witches fayne, ỹ great Secretes may be wrought wyth the same: which must be gathered, say they, vpon Midsomer night: As sure I warrant you, as the sea doth burn. it wil do no lesse. This herbe is hoat and dry, and is called Thelepteris because it hath winges, or leaues like byrds fethers.

Brakes called Filix or Ferne.

To kil broade wormes in the chest or belly.

Dioscorides.

Brake seedes were neuer seene among christen people, but Witches haue vsed practise wᵗ them, as foolish writers affirme.

Marcellus.

What is the vertue of the dead stinkyng Nettle?

Hilarius.

The dead Nettle.

IT may be called a dead Nettle, it is lyke in shape vnto the burning Nettle, but stingeth not: it is called Archangell, with a stalke fower square. There be three kindes of Archangell, Whyte, called Lamium, Yellowe, and Purple wyth Blacke seede, hoat and dry of nature: the whyte Flowers do helpe the Shingles, stamped and applyed to the sore places of the skin: this hearbe stamped wyth Salt, maketh a plaster for the gout: swelling in the throate, and Dogges byting. The rootes stamped wyth Salt, do drawe forth thornes, or pryckes from the body. And thus I ende of this dead Nettle.

Marcellus.

What be the properties of Cresses?

Hilarius.

Nasturtium. Lepidion, or Cresses.

CResses be commonly knowne, there be both of the water, and also of the Lande: Garden, and Ryuer Cresses, spring from March, to the ende of May, and are neere hand hoat in the. 4. degree, not so mutch drying: the seede is chiefly vsed in medycine. The herbe is good greene, but nothing worth dry: these

Cresses helpe the Palsy.

☞ seedes sodden in Wyne, in a linen bagge and holden vnder the tongue, or champed in the mouth, do help a speachlesse man, or him whych hath the Palsy, through a long or strong age we. This wil dry vp moyst humours, it prouoketh vryne, sodden in white Wyne: and stoppeth Gonorrhea passio, or wasting of nature. And this herb so helped a Gentilman of Suffolke, called Thomas Colby, which long time was troubled with the same, when other medicines did take in him small effect, duryng his seruice in the field or warre, finally he was recouered by this. This herbe, specially sayth Dioscorides, the rootes stamped wyth fresh Hogges grease, do make an excellent plaster, agaynst the paynes of ỹ ioyntes, layed vpon warme. 4. howers: but for women, but. ij. howers. And also the same for the Sciatica, and then quickly to sweate in the bath: then when the pacient hath sweat, to anoint it, wyth the Oyle of Cresses, and warme sodden Wyne. And to drynke of thys Wyne, wherein Cresses be soddē is good against paynes in ỹ ioynts, Dropsy, Timpany, Gout, swelling, Palsy, Sore, Apostumacions, Reumes, bloudy flixes, broyses, and moystnes of the brayne and eyes, &c. Galen commendeth the same. lib. 1. de compos. medica, secundum locos, Cap. vij.

Cresses doe helpe many infirmities.

Marcellus.

What is the vertue or nature of Horstayle?

Hilarius.

Horsetayle. Caudæ equinæ.

THys is also called Hippurus, that is, Horstayle because it busheth lyke hayre about the ioynt: and is of two kyndes, soft & long: and groweth in moyst ground, and watry places: it is called holy Water sprinkle or bushe. It dryeth, and restrayneth, and is bitter: this herb soddē, the Wyne or decoction thereof, is good agaynst the bloudy flixe, stopping of the Bladder. It mundifyeth the Stomacke, and sydes, and clenseth the lunges

Lunges: and if the guts be hurt and wounded, nothinge is better to heale them, than the syrupe or Juice of Horstayle, sayth Dioscorides, Galen affirmeth that the same herbe doth heale woundes, and stop bloud in the nose, with all the deseases aforesayd, drunke wyth Wyne. Goodly salues of healynge may be made with the same: Plinie sayth, & that I haue proued oftentimes, that it healeth ruptures. And further sayth Plinie, it stoppeth or defendeth Enteroclea, which is a disease very perilous, called ramex intestinorum, when the guts are fallen into the coddes. Euen so it will heale them, drunke oftentymes. And a plaster of this, with warme Vinegar stamped together, & applyed to the Belly, is good, for the same purpose: the Smoake or fume is good to cause childrens Guts, to go back into the body, when as through flixe or colde, they will hang forth. Euen so it will stop the immoderate red termes in Women: and this shall suffice, of the same herbe.

To helpe the flixe.

To helpe the guttes.

To stoppe the termes of Women.

Marcellus.

What is the herbe Botris?

Hilarius.

This herb Botris is so named, because the seede is so plentifull, clustring wyth great number on the braunches, it groweth by Ryuers, or Water sides, & is rype in September. This herbe is sweete, and when it is dry, it is good to cast into Chestes, to preserue apparell frō Mothes, & to make both linen, and wollen sweete. This herbe is yellowe, whereof is plenty neere vnto Paris in Fraunce: It is hoat and dry of nature. Drunke in Wyne, it helpeth the lunges, and clenseth them from colde coughes, and soreuesse in the breast: and helpeth against the shortnesse of Wynde, Dioscorides, Paulus, and Plinie affirme the same.

Sweete Botris.

Marcellus.

What say you of Gentian?

Hilarius.

This was founde by Gentian, a noble Kynge of Illyrica, which beinge wounded in battayle, had health by the same herbe: it is leaued lyke Plantan, the rootes be also not vnlike Aristolochia the longe. Thys roote is grosse and bitter, with yellowe Flowers, growinge vppon highe Mountaynes or Alpes, and we haue plenty thereof among our Apothecaries, it is hoat and dry, and most bitter. Two dragmes drunk with Peper and Rewe in Wyne, do defend from poyson, and biting of serpentes: & it is good for wounded men to drynke: and casteth dead children from the matrix. This is profitable agaynst all oppilation, and stopping of the Lyuer, gall, and splene, and wil purge choller: but it is perilous for Women with childe to drinke. There is nothing better for Illiaca passio, it strengtheneth the Stomacke. This is not onely profitable to mankinde agaynste Dropsy, stoppyng of the body, venime, poyson, and pestilence, to bee drunke in Wyne or Water: but also it helpeth the dumbe brute beastes, as horse, oxen. &c. for all diseases of the lunges, to be giuen them, as Plinie sayth. The roote sodden, is good agaynst conuulsion, and shrinking of the Synewes. And thus I do end of Gentian.

Gentian a bitter herbe, hauing many vertues.

Marcellus.

What is the property and vertue of Lauender?

Hi-

Hilarius.

Lauender the sweete vertue therof, wholsome for colde folkes.

OF thys kynde, there is Lauender Spica, which is the great Lauender: then there is the single Lauender. Thys hearbe is called the counterfayt, or false Nardus, and is named Lauendula, because it is good in bathes and washing, and giueth a sweete odour. This herbe is commonly knowen and is hoat and dry in the seconde degree: and is good agaynst the coldnesse of the stomacke, hardnesse of the splene, and swelling of the guts, stopping of the Lyuer, & the raynes, it prouoketh vryne. Nothing is better agaynst the diseases of ỹ Synewes, the coldnesse of the Brayne, Palsy, & Falling euill, eyther to be drunk, or els smell of this herb, or also to be anoynted wᵗ the goodly warme oyle made thereof. Whych oyle hath vertue, agaynst all the dyseases of the Synewes: and thus I end of thys herbe.

Lauender helpeth the Synewes.

Oyle of spike doth warme.

Marcellus.

What is the nature of Mandragora?

Hilarius.

In old superstition, inuented by Wytches, and a practice of Sathan.

MAny superstitious, and foolishe thynges haue bin deuised of thys herbe: a very inuencion of Wytches, and Hypocrites, through the suggestion & motion of the deuill, to delude the weake hart of mankynde wythall. For they doe affyrme, that this herbe cōmeth of the seede of some conuicted dead men: and also, without the death of some lyuing thinge, it cannot be drawen out of the earth to mans vse. Therefore, they did tye some Dogge, or other lyuing beast vnto the roote thereof wyth a corde, and digged the earth in compasse rounde about, and in the meane tyme stopped their own eares, for feare of the terreble shriek, and cry of thys Mandrack. In whych cry, it doth not only dye it selfe, but the feare thereof kylleth the Dogge or Beast, whych pulled it out of the earth. And this hearbe is called also Anthropomorphos because it beareth the Image of a man, and that is false. For no herbe hath the shape of a man or Woman, no truely, it is not naturall of his owne growing: but by the crafty inuention of some false man, it is done by arte. As many rootes may be made, in the formes of men, foules, and beastes, and secretly couered in the earth: which when they are found, by the crafty hyder thereof, the beholders be dryuen into no small admiration and wounder, supposing there by, that some straunge fearefull thing, shall quickly followe the same. My Friend Marcellus, the discription of this Mandracke, as I haue sayd, was nothing, but the impostorous subtilty of wicked people. Perhaps of Fryers, or superstitious Monkes, whych haue wrytten thereof at length: but as for Dioscorides, Galen, and Plinie, &c. they haue not wrytten thereof so largely, as for to haue head, armes, fyngers, &c. But there is an herbe called Mandracke, whose leaues be large and long, lyke vnto large Lettice: whose apples be in the forme of Cheries, very colde, properly gyuen to helpe conception, some say, as it appeereth by the Wyues of the holy Patryache Iacob. The one was fruictfull, the other did desire helpe, by the meanes of Mandracke, brought out of the Fyeldes, by the handes

Mandrack is made lyke a man or Womā by craft, for nature giueth no mās shape to a Beast, much lesse to an herbe.

of Ruben

of Ruben Leas sonne. This herb hath a long large roote, with two Legges in forme, one wrapped about the other: and fine rootes like hayre, growing vpon it. But no armes, feete, fingers, handes, head, nor stalkes, but ẏ leaues creepe out of the ground: of whych herbe be two kindes, male, and female, the male greater than the female. This herbe is cold in the thirde degree, & hath vertue, to cause deepe sleepe: the strength is in the Apple, and in the rynde of the roote. The remnant, that is in the leaues, and inward partes of the roote, is but weake sayth Galen: the seedes of the apple, sayth Dioscorides, beyng drunk, wyll purge the Belly. The iuyce of thys herbe pressed forth, and kept in a close earthen vessell, according to arte, bringeth sleepe, and casteth men into a trans on a deepe terrible dreame, vntill he be cut of the stone. &c. This herbe sodden in Wyne vnto the thirde parte, doth purge blacke choller as well as Elleborus niger will do. This herbe stamped, and applied vpon a wound or vlcer, doth heale the same, and so naturally, that it wyll suffer no scar or marke called Stigma to remayne: the leaues be preserued in Salt, for the same purpose. The greene leaues stamped, and applyed wyth the white of an Egge to the eyes, do asswage the swelling, burning, or dropping of them: if the roote be cut in sundry places, there wyll come forth a worthy iuyce to anoynt the forehead, to bring sleepe. Pessaries be made of this, whych wyll draw forth dead childzen, from the matrix: Therefore rightly to say, it doth rather hinder then furder conception: the roote is vnpleasaunt to smell vpon, and pestiferous, sayth Plinie. The iuyce must be gathered, when Grapes be ripe, and clarified in the Sonne, & kept close. The apples must be dryed in ẏ Sūne, & the roote must be sodden in old dark coloured Wyne, which Wyne must be soddē to ẏ third part: the apples may be bruised & kept in vnripe oyle Olife in ẏ Sunne. All these be good to coole, to cause sleepe, moderatly vsed. Two halfpeny waight of the pouder of the rynde thereof, may be drunke in sweete Water for the Kynges euil, or lacke of sleepe. The iuyce thereof with oyle & Hony, healeth woūdes: and thus I end of Mandrack, whych in old tyme, it was called Circæum, of Wytches, whych had vertue (sayd they) or craft to transforme, both man beast, and herbe out of kynde. Among all other, they wrought Wonders by this herbe, to prouoke, bewitch, or cast men into mad blynd fantasies, or frēses, called Loue, whych rather may be termed, noysome beastly Lust, and when it is wrought by herbes, foolishnesse.

Gene. xxx. This place proueth not ẏ Mandrake will helpe cōception, but Mandrake wil clense the matrix, or cast forth the dead child from the same, then it wyll kill the liuing seede. Dioscorides, is of that mynde.

The vertue of Mandrack, is to make one to sleepe.

Mandrake was called Circæum and also Anthropomorphos.

Marcellus.

What is to be sayd of Crowfoote, wherefore is it good?

Hilarius.

THys herbe is called Ranunculus, or Frogwort: of this Crowfoote Dioscorides founde fower kindes, lib. 2. Capit. *171*. But since his dayes, three kindes more be founde: these be herbes both of the water, whereas Frogges do cast their Sperma or seede, in whych herbe, they do greatly reioyce. And also of ẏ lande, as Garden, Medowe, and Wood Crowfoote: thys herbe is commonly knowne. Some haue whyte Flowers, some yelowe, some Purple: some haue Leaues like Coriander, some haue Leaues lyke Beares

Of sundry kyndes of Crowfoote called Ranunculi, or little Frogges grasse.

Beares foote, growing vpon the top of the ſtalke, hauing long rootes. Another hath broade iagged leaues, growing neere the grounde, but vpward ſmaller leaues lyke Crowfoote, do grow vpon the braūches. Theſe herbes be behemētly hoat and dry, and do vlcerate and bliſter the ſkin, wherewith valiaunt beggers, doe bliſter their legges and faces, whych maketh theym to ſeeme Leprous, and whoſoeuer doth eate of theſe herbes, ſhall be ſmitten into madneſſe. Their ſinewes ſhalbe ſhronke, and they ſhall laugh themſelues to death, if they do eate of the kinde of Crowfoote, called Apium riſus as Plinie doth teſtifie: the roote thereof dried, prouoketh neeſing, and is good to be put in an hollow toth, to breake it, and drawe it forth without payne. The iuyce of this herbe, tempered with Beares greaſe, will bringe hayre to the balde head. Also this iuyce taketh away ſkabbes, and cruſty ſcurfes from the legges and armes, of ſore people. And tempered wt̄ ſwines greaſe, it helpeth the ſwelling of ẏ throate. And thus I end of Crowfoote.

Dioſcorides lib. 2. Cap. 171

Marcellus.

What is the nature of Aconitum?

Hilarius

THis herbe is venemous, whereof be two kindes: the one is called Pardalianches, or Liberdes bane. The other is called Licoctonon, or Wolfes poyſon. The firſt hath three or fower leaues, growing in the top, wyth a rounde bery in the middes, and no leaues vpon the braunche, hauing a long roote lyke a Serpent, very rugged. The ſeconde hath many leaues vpon the braunche or ſtalke, like vnto Crowfoote, with yellow flowers in the top like Broome, with long deuided blacke rootes. This herbe groweth in May, and is acorioſiue burning, poyſoning, and killinge. The pouder of this roote, put into peeces or baytes of fleſhe, poyſoneth wylde beaſtes: as Wolfes, Foxes, Graies, Polcattes. &c. and is venemous for mankinde: and there is no remedy, but to drinke oyle, and to prouoke vomit, to expulſe the poyſon.

A conitum Liberdes bane.

To poyſon Wolues and Foxes.

Marcellus.

What is the vertue of Geranium, called Sheepherdes needell?

Hilarius.

THys herbe is called the Storkes bille, or Cranes beake, for there growe out of the flower, ſeedes like Bodkins or Needels, whereof there bee fiue kyndes. Some of their leaues be like Crowefoote: and ſome like vnto Mugwort. Some haue purple Flowers, and they be the firſt kynde: and ſome white, wyth red rootes, but ſome of them haue whyte rootes. And they be all of nature ſtopping and drying, the rootes be ſweete of the fyrſte kynde, and red alſo. Dioſcorides ſayth, that if a dragme of the fyrſt kynde of the herbe, be drunke in wyne, it doth aſwage the ſwelling of the matrix, and Belly, and healeth the cough of the lunges: Paulus Ægineta is of the ſame mynde. But you muſt take the fyrſt kynde, whoſe leaues be in forme, betwene the leaues of Rocket and Mugwort: with the long red roote, called Geranium primum. This roote wyll breake ẏ ſtone, and cleanſe ẏ raynes and bladder. This herbe ẏ the third kind, with blew flowers, do heale woũ-

Sheepherdes Needle. Geranium.

Dioſco. lib. 3 Cap. 114.

des and

des and sores: and the same thirde is called Doues foote, which if it be sodden, and applied on sores, it will heale them. The first kinde with Myrrhe, and Peper, sodden in Wyne, is good agaynst the Dropsy, collike, winde, and woundes within the body, and cricke in the necke. There is also a kynde of this Geranium, whych is good for woundes, called herbe Robert: but rather I take it to be called Ruberta, a rubro colore, an herbe of a red colour. And thus I do conclude of Geranium, called Storkes bill, or Shepherdes needle: whereof the firste kynde, is the best for the stone, and raynes, & outward woundes. The Doues foote is good for sores & festers, so is herbe Robert: all the other be euill and venemous inwardly taken, but yet for dryying moyst sores outwardly, they be tolerable. And thus I make an end of Geranium, called Crowe foote.

Doues foote.

Herb Robert

Marcellus.

What vertue is there in *Angelica*, that sweete roote?

Hilarius.

THys herbe *Angelica* is very longe leaued, indented, or hath small teeth like Elder, a great stalke, and hollowe, a bigge sweete roote, blacke without, and whyte within, Purple flowers wyth white spottes, and great broade seedes. Thys is called the Angels herbe, whych is of. ij. kyndes, of the garden and of the field: this herbe excelleth al other, agaynst poyson, and is hoat and dry. It doth open, warme, dissolue, & is good agaynst the fearefull daungerous plague, called the pestilence, if it be but bitten vpon, much more it is effectual being drunke in the morning. The pouder drunke wyth Wyne. ȝ. grane waight, or the water drunke. rr. droppes in the morning in Wyne, is a goodly armour agaynst poyson, foule ayre or plague: this clenseth the Lunges, Breast, Guttes, Raynes, & Bladder. This herbe soden in Wyne, & Water, doth heale inward woundes: & this doth strengthen the heart, and dryeth superfluous moysture, as ẏ dropsy, and Timpany. And they which can not kepe their meate, for weakness, through vomits, let them drynke this. It deliuereth from byting of Serpentes, as Snakes, or els any pricke or wound, if it be sodden with Rewe, Hony, and Wyne. It hath one vertue, excellent for young lusty, single People, to quench carnall rage, or youthfull lust: if one do byte or swallow ȝ. ß. of this, it will extinguishe the same, wyth many more vertues, for ẏ whych few herbes, are to be compared to it.

Angelica, or Angels blome, Some call it Radix sancti Spiritus, the roote of the holy Ghost.

Angelica. defendeth the pestilence.

Angelica preserueth chastity.

Marcellus.

What is the vertue of Lagopus, wyth three leaues growing vpon the stalke, and a rough flower, like an Harefoote, it groweth in Corne, in Haruest tyme?

Hilarius.

THys is called Lagopus, or Hares foote, it hath growing neere the flowers, three Leaues together, in sundry places, and is also called the triple Hares foote. And is of a dryng vertue, sayth Galen, and sodden in Wyne and drunke, it doth stop the Belly in a Flixe: and thys also affirme Dioscorides and Plinie.

Hares foote Lagopus.

Marcellus.

What say you of Lunaria, that increaseth & deminisheth in one moneth?

Hilarius.

Lunaria or the herbe of the Moone.

THis herbe springeth in the end of May, sending from the stalke. xiiij. leaues, growing seuen against seuen, in the forme of little heartes, but greene in colour, in the top it beareth seedes, like Beate seede, and is colde and dry of nature. Oh how this herbe preuayleth, or excelleth in healing of woundes, knitting them vp, making no scarre! Goodly salues bee made thereof so there be Balmes also: this herbe in red Wyne drunk, doth stop the Whytes and Flure which passeth from Women vnnaturally.

Lunaria healeth woũdes.

Marcellus.

What sayest thou of Lysimachus, which is a long herbe, bearing a leafe lyke Sallowes, and is called Woodwaxen?

Hilarius

Lysimachus stoppeth blod Lysimachus a king of Macedon, founde this herbe, he was scholer to Calisthenes, and one of Alexanders most worthy Captaynes.

THis herbe groweth also among Salowes, of two kindes: one beareth red flowers, and the other yellowe or golden flowers, and was found by Lysimachus, it flourisheth in Iune, and is of vertue drying, and bynding: it gleweth woundes together, stoppeth bloud at the nose, applyed to the same: it stoppeth bloudy Flixe, and termes menstruall, drunke in Wyne or Planten water. And the smoake thereof, kill Gnats and Flies, this affirmeth Dioscorides, Galen, and Plinie: it is so bitter, that no beaste will feede thereof. And it is in Englishe called Woodwaxen, it dyeth greene.

Marcellus.

What is that herbe, called Hartes horne?

Hilarius.

Harts horne or the starres he. 6.

THis herbe called Cornu Cerui, Hartes Horne, some call it Pes Cornicis, Crowes foote. Some herba Stellæ, because it spreadeth abroade with iagged leaues, or beames like a Starre, growing flat, neere ỹ groũd, with flowers growing much like small Lauender, but yellow. Plinie writeth of this herbe. lib. *24.* Cap. *19.* This herbe helpeth the flixe, and is good in Sallets. The rootes sodden & eaten, sayth Dioscorides, and Galen, do help the Ilias, and stop bloud in newe woundes. &c.

Marcellus.

What say you of Safron?

Hilarius.

Crocus Safron.

OVID that pleasaunt Poet sayneth, that a younge man called Crocus, was transformed into Safron, for the loue of a Virgin named Smilax as it is written: Crocus wyth Smilax was turned into small flowers:

Ouid. *Et Crocum in paruos versum cum Smilace flores.*

This Safron is commonly known here in England, both in Norfolke, Cambridge shyre, and Esser. &c. wyth purple flowers, wyth yellowe small Chiues, and heades growing in the grounde, wherein be cloues of yerely increase.

increase. The best Safron in al this world, doth grow say sundry Writers, vpon a Mountayne called Coricos in Sycill, ỹ next in Lyca in Asia the lesse. &c. But let vs go no furder than this our naturall realme, in which assuredly there groweth sutch Safron as there is no better in Europe. The flower doth spring of this before the leafe, it is hoat in the first degree, and dry in the second: it doth warme, make, soft, digest, prouoke vrine, & make good colour in the face. It comforteth the heart, and defendeth drunkennesse, moueth Venus: and. ʒ. ij. is good agaynst poyson, and it will reconcile sleape: tempered wyth Rose water and Womans Wylke, & dropped into the eye, it will take away dropping and dimnesse. Oyle of bitter Almondes, and the pouder of Safron, warme powred into the deafe eare, doth help the organ of hearing. The pouder of Safron. ℈. graynes, Walnuts, twenty graynes Figges. ʒ. ij. & fiue Sage leaues stamped together, with. ʒ. j. of Pimpernel water, and three graynes of Mithridatum: kepe this in a close glasse, and eate thereof in the morning twelue graynes, and this will defende the receyuer thereof, from the Pestilence. Many godly Medicines bee made of Safron, as Diacurcuma agaynst the Jaundice: and it is put in many Antidotaries, and also plasters, as Oxicroceum. &c. and with ointmentes agaynst Palsy and Gout. Dioscorides, Galen, and Plinie affirme the same. Simeon Sethi sayth, Safron, Wylke, Rose water, & Opium tempered together: do make a goodly medicine agaynst the paynes of the feete. Safron stamped wyth Beate leaues, do reconcile sleepe, applied to the forehead. Safron is good agaynst all maner of swelling in the breast, wynde in the Belly and Guts: & stopping of the mouth of the matrix, eyther in ointment, or drynke. It is a good cordiall, to be vsed in the meates, of melancholy persons, to reioyce, & make glad a weake heart. And thus I do ende of this our Englishe spyce, my deare Marcellus.

The best Safron of this world, where it is.

Against drunkennesse, Safron helpeth.

A singular medicine for the pestilence.

Safron hath many vertues

Marcellus.

What say you of a Thistell, growing neere ỹ Sea side, called Eryngium, or Carduus Marinus: I haue seene mutch thereof growing betwene Lestoffe rode, & Orforde nesse, by the Shore side in Suffolke..

Hilarius

This in deed is called Eryngium, but the true name is Centum capita, because of the number of the heads: which is lyke a Thistell with thicke pricking leaues, and long rootes, whose leaues being yet tender, if they be boyled, they may wt Salt, and Oyle, be trimly preserued for Sallets. This herbe with the rootes, as Plinie sayth, must be gathered, when the Sun is in Cancer, in the midds of Sommer. They be blacke without, and white within: but some rootes of them, be white both within and without, very Aromatik and sweete like spice. This roote or herbe, being made in pouder, infusion or decoction, & drunke, doth clense the raynes, bladder, and matrix, and cause the stopped termes to passe. And it greatly preuaileth against the Collike, and torment of the Guts, drunke, in, or wyth Hydromel. It is good against ỹ falling sickness, drunke a dragme at a time: the rootes must

The sea Thistle, called Eringus, whych is so called, because if the roote be sodde and conserued with Hony & Cloues it will preserue nature, or lyft him vp, which is decayed, it may come of Erigo, gis, erexi to lift vp, or repayre. Dioſco. lib. 3. Capi. lxxj.

Galenus lib. 7. Simp medi.

be tenderly sodden, and preserued in Succate, to the vse of meate or medycine in Winter, as to restore nature, or helpe the conception of nature: Plinie sayth, of this roote ʒi. drunke in wyne, healeth the pricke of any venemous beast, or worme, or feuer. The iuice or oyle of thys, doth cleane recouer any benome of the body, infected with a Spider. Heraclydes the Physition did affyrme, that this herbe, the leafe or roote, being sodden and drunke, dyd preuayle and ouercome the poyson of any venemous herb, which any haue eaten ignorauntly. As Aconitum called Leopardes bane. &c. Ætius affyrmeth, to drynke this vbi. Euenyngs to bedward, and as many mornings, doth heale all infections of the raynes, stopping of the vrine, or stone. This Eryngium is of nature somwhat warme, and very dry.

Against poyson.

Eringium helpeth them which can not make water, or which haue eaten any venemous herbe saieth Aetius and Heraclydes.

Marcellus.

There is a Thistell called Chamælion, wherefore is it good, and why is it so called?

Hilarius.

The vertue or this Thistel, it is ripe in August: and the roote is hoat in the second degree, and dry in the thyrd. This roote sodden in Ale or Wyne, and drunk, doth kyl the wormes in the chest and belly One dragme of the pouder therof, drunk in sharp old wine, wherein Organ hath ben sodden, wil helpe the Dropsy, and also the same wil prouoke vrine, and breake the stone. It is drunke in wyne in place of Triacle, sayth Dioscorides, lib. iij. Cap. ix. when Charles the great, his armie began to be diminished, through an horrible Pestylence, he was warned to vse none other medicine, but only that euery souldiour should drinke ʒi. of it in wyne: which beyng done, the sayd Pestilence dyd cease presently. This roote sodden, the decoction thereof holden in the mouth, wyll lose rotten teeth, so that with litle help, they may be drawen. Theophrastus lib. ix. Cap. xiij. de plantarum historia saith, that there is distaunce, betweene the vertues of these two rootes. The one is black, the other whyte, which white is best, to do as is aforesayd. Further, the Juice of these rootes, wyl kyl dogges & swyne: if it be put into their meates, Plinie affirmeth ẏ same. Now toẏ name, which is called Chamælion not only bicause it is diuers of colour as hauing blew flowers, speckled leaues, which is ẏ black kynd. &c. The white hath a long roote, no stalkes, Leaues lyke wylde Artychokes, great head, many sharp pryckes, with plumes shaken, or blowen away with wynd. And to conclude, looke vpon what soyle or Earth so euer these thistles grow vpon they wyl chaunge their colours like the same. As a litle beast, which is in Inde, called Chamælion, spotted like a Libard, which chaungeth into diuers colours, according vnto the thing, which it seeth. This beast doth neuer eate nor drynke, nor winke, but liueth by the ayre only: which litle beasts, be yerely brought from Barbarie, by the ships of London, into this Realme.

The Rote or carle Thistell called Chamælion.

The Thistell healeth the Pestilence.

Note that the black Thistel roote with swines grease and Brimstõe wil heale scabbes and itch.

Of the littie beast called Chamæliou.

Marcellus.

What is to be spoken of Diars flowers, called flos Tinctorum.

Hilarius.

Thys

THys is a long herb, wyth yellow flowers, hauing small black Cods, in whych the seede is lyke Lentelles, the leaues be lyke Hysope, but mutch larger and longer. This is hoat and dry, in the second degree, and is of the nature of Brome: and this herb is good for a man. ʒ. j. ß. eyther the herbe or seede to drynk to prouoke vomit, to clense the stomacke, & purge the raynes. Drunke two sundry times, it will prouoke vrine, when it is stopped.

Flos tinctoris

To vomitte.

Marcellus.

What say you of rubia Tinctorum, **called Madder?**

Hilarius.

THere be of them two kyndes, the garden Madder, with quadrangle stalkes, and sharpe, and at euery ioynte, the leaues grow round about the stalke: the berries be round and greene, when they are yong, being ripe, then are they blacke: the rootes long, small, & red of colour. The wylde Madder is lesse, wyth stalkes lower square, leaues compassing them lyke Starres: flowers white, but rootes not so rough. This herb is called of the Greekes Erythrodanon, wyth thys, Diars colour their Wooll wythall: it is hoat in the second degree, and dry in the thyrde. This will clense the bladder, breake the stone, and force vrine, sayth Auerhois, and is good to be drunke agaynst bruses, and the Pestilence: Drunk in sweete water, it helpeth the kynges euill. The rootes or berries sodden, saieth Galen lib. vj. simplic. medicamen. will clense the Lyuer, Splene, Gall, Urine, Matrix, Brusinges, and the paynes in the Joyntes, chiefly the huckle bones, called Ischias or Sciatica.

Madder with red rootes.

Dioscorides lib. 3. cap. 143

Against the Pestilence.

Marcellus.

What is Paritorie of vertue?

Hilarius.

PArtriges do delight to feede vpon this herbe, Galen sayth, it hath vertue to clense, stop, and coole: therefore it hath vertue to helpe flegmon. From the beginning, augmenting, vnto the state of the sayd flegmon, the hoatter any Apostumacion is the better this herbe will helpe the same: if you make a plaster of this Parietaria, it is good to clense the lunges when they are stopped, for it hath vertue to scower or clense. No herbe is better to make cleane glasse, then this herbe as Galen affirmeth, if it be incorporate wyth Salte: it will help the Hemeroydes, & a Fistula. The iuyce of this being drunke, clenseth the raynes, and by little & little, doth breake the stone: and anoynt Shingles, or sayncte Anthonies fyre therewith, and health will follow the same wyth speede. The same iuyce wyth Ware, and Goates tallow melted together is a good plaster, for to take the payne of the gout away sayth Plinie: this Juyce also wyth Oyle of Roses, powred warme into the eare, will take away the payne.

Parietaria that grow vpon stone walles.

For the goute

Marcellus.

What say you then to Cartamus?

Hilarius.

Cartamus or wylde saffron

IT is called wylde Safron of the garden, with indented Leaues, sharpe ends, the flowers yelow, and knoppes as bigge as Oliues. The Seedes white and redde, longe and cornered: the Seede is hoate in the thirde degree: the iuice of this seede pressed forth, drunke with the Broth of a chicken, wyll purge the belly, and to the stomacke it is noysome: the iuice tempered with Niter, Almondes, Honie, and Anisseedes, beaten together, is very benefici-

Cartamus clenseth humours.

all to clense the guttes. To eate thereof the thyrd part of a Walnutte, before supper, it is very good for to conueigh excrements, & superfluous humours, and it fortifyeth digestion.

Marcellus.

what is Spurge, or Purge of Nature?

Hilarius.

Great spurge called Ricinus in Dioscorides dayes xxx. Seedes, but now. viii. Wil suffise bicause nature is weaker, Dioscorides lib. 4. cap. 158.

THere is one kinde, called Ricinus or palma Christi: wherof there is Dyle made for Lampes, and plasters called oleum Ricinium. Dioscorides sayth if. xxx. seedes thereof, be cleane blaunched from the rind, and stamped, then drynke this sayth hee, & it wyll purge fleume and choller, and water downward. This seede will trouble the stomacke, and cause stronge vomites: the iuice thereof wyll clense the face from pimples and spottes, and make smoth the skynne from wartes, broken with Dyle of Tartar, and anoynt the place withall: this is hoat in ỳ third degree, and skowreth, warmeth, and clenseth: the leaues be like figge leaues. Then there be seuen kindes of the Tithimali, sayeth Dioscorides lib. iiij. Capi. Clix. and other old writers: which herbes bee called Goates Lettice, or the Milke herbe, for if you breake of a piece thereof, droppes of bitter Milke will follow. But to our common Catapucia or Spurge, thys is hotte in the third degree, and dry in the second and is vsed to clense the body from fleume, choller, and melancholy, sodden in the broth of a chicken with Polopodie, Damaske Prunes, & Mirobolans, and also the herbe called Mercurie. I do here by occasion put to Mercurie, this woord (herbe) because through the absence of a Cooke, in the time whē he should haue made his Lordes broth in the Kitchen, an ignorant fellow, dyd put into his pot Mercuri Sublimated, that is Chalcantum, Quicksiluer, Vyneger, and Salt Armoniack together, which he sent for quickly to the Apothicaries shoppe: thynkyng it had ben a pleasaunt, or els a very wholsome confection, or at the least the same Mercury, whych the forsaid Cooke, dyd put daily into the pot, for the health of his Lord and mayster. But eftsones, contrary to hys purpose, or intente, thys broth in whome the lurkyng, sleepyng, venome was spyed, was receiued into the body, of the good LORD Wharton, in whom if wythall speede, medycine had not gotten the happye victory by vomits, &c. thys Noble Gentleman had there lost his life, whose death had bene no small want vnto the publyke wealth of hys country. Nor yet no little comfort vnto the forrain enemy: sutth a violence I say, would dedly poyson haue done in one hower by death. vpon him, whom Fortune, Wysedome, and honour had aduaunced, and nourished many yeres wyth happy life. And now again to the matter, Marcellus, I neither doe abuse the tyme, nor yet vse to mutch copy of words, when I speake of Mercurye, to

Larhyris, or Cataputia minor, or the lesse Spurge.

To purge choller.

Note.

Quid pro quo was giuen to the Lord Wharton in his potage of ignorannce to his great peril of life.

put

put this woord (herbe) thereunto. Unlesse some should, or would, mistake ỹ matter. as this good fellow dyd. And further note, that the pouder of thys Spurge, supped vp wt a little Cinamon, in ỹ broth of a Chiken, or els a reare Egge in the morning, wyll purge grosse fleume very gently, Euen so it wyll doe, if it bee taken with Hony of Roses. Seuen seedes eaten, sayth Dioscorides, in a Figge, will purge melancholy and Water. The sayd Seedes seeme sweete, but they purge by vomitte vehemently. Plinie affirmeth, that if one which hath the dropsie, do drynke twenty graynes of them in pure sweete water, he shalbe deliuered from the dropsye. Al the other Spurges as Mirsenites, hauing leaues like Mirte, are perilous that grow by the sea side. Cipariſtus lyke a Cipresse tree. Heliosco pius that tourneth with the Sonne, from morning vntill night. And the rest of them, be all hoat in the fourth degree, and venemous, burning, as Galen saith, and what part of the Body so euer they take, forthwith they do blister the same, therefore it can not be taken without daunger. Howbeit, Dioscorides, Galen, and Plinie affirme, that it will helpe the toth ach, tempered with ware: and a dragme of the roote, drunken with Hydromell, will purge fleume downeward. &c. Thus I doe ende of Spurge.

Tithimalus Characias. or Lathyris is good in medicine to purge melancholy. Choller and fleume.

Sondry kindes of spurge, but yet very perillous, the great spurge and the second excepted, for they be good.

Marcellus.

What is the yellow wall Gilloflower, and the whyte and yellow Gilloflower, called sweete William, or hearts ease?

Hilarius,

This sweete herb is called viola alba, or Cheiri, the white Violet that is one kinde: there is also a purple, the thyrd is yellow, these be all sweete, and very pleasaunt. They flourish in Maye and grow a cubitte long: and when their flowers do fade, the seede doth growe in coddes, they be garden flowers, and of nature be hoat and clensing. The yellow, sayeth Dioscorides, is best in medicine, the flowers may bee kept drye to bee drunke, to purge the stopped termes. And of the seede .ii.ʒ. sodden in wyne, and drunke, doe quickly conueigh, or bryng forth the dead chyld, and the secondes. The rootes sodden in Vineger, be good to anoynte flegmon, and the goute: and the same roote sodden softly with Vineger, and Oyle of Roses, wyll help the liuer and splene, to anoint them, when they be swelled, or hardened. This wyll the yellow Gilloflowers do, besides there is a precyous Oyle made thereof: which wyll helpe the raynes and bladder, or paines in the ioyntes, or sinewes, As appereth in the compounds, and it is there called Olium de violata alba. Now to conclude of this herbe, the iuice thereof tempered with Hony, healeth sores in the mouth and head: And with ware, the broken skinne fretted wyth wynde in March, called chappes, be made whole. And thus I end of this herbe, which is commonly called Sweete William, or Harts ease: God send thee hartes ease, deare Marcellus. For it is mutch better with pouerty to haue the same, than to be a kyng, with a myserable mynde. For, from thence spryngeth eyther felycity, or aduersity: an Image of heauen wyth ioy, or els hel with inward horrour of mynde, and veration.

Viola Luten the yellow, Violet, the wall Gilloflower.

Flegmon is a certain apostumacion of corrupted bloud, gathered into one place.

The greatest treasor of this world, is a quiet minde.

Marcellus.

Hartes ease, or quietnesse of the mynde.

I Doe hartely thanke you, for wishing to me so precious a Jewell, so rich a treasure, and so heauenly a comfort. For what is more to be desired, than hartes ease? Nothyng. For when aduersity cometh in at the one doore, eftsones, hartes ease dooth run out at the other. For they can not dwell together in one place. Why so? They be, ii. extreame contraries, and meruelous affections of the mynde felt, and not seene, although oftentimes thynges, whych are seene, may be a meanes to bryng quietnes to the minde, and ease to the heart for a time. But rather my deare Hilarius, there be which affirme that harts ease or rest, commeth by the eare, For say they, there is no rest in the heart of the Infidell, but in the beleeuing man: and there can be no faith, without hearing. and not the sight of things worldly bryngeth faith, which faith giueth the true hartes ease, passing all other iewels. And albeit Hilarius, thou art not wythout worldly hartes ease, which I graunt, doth please sometyme thy vaine delight. Yet I pray God giue thee, but one handfull of heauenly hearts ease, which passeth al the pleasaunt flowers, that grow in this World .. Now what be the vertues of Hermodactilj, I pray you tell mee.

Hilarius.

Perfite hartes, rest and true quietnes of minde.

Hermodactili. of. ii. kyndes. Colchicum & Ephemerum, called the fyngers of Hermis, or els of Mercurius, one is like Safron, the other like lylies.

HERMODACTILI, be of two kyndes, the first is Colchicum wyld Bulbus, or great wilde Safron, hauyng greate round heades within the ground like Onions, and wt blacke rindes, and Flowers like Saffron, red seede, but shinyng white and red chiues, but very greate, and a span longe: sweete iuice, and it flourisheth in the Spryng. The second is lyke a Lillie, with tẽder leaues, white flowers, bitter seede, one long roote, of the bignes of a synger. And both these Hermodactilj be called Mercuryes fyngers. Colchicum is of nature hoat and dry, in the second degree. Paulus Æginetæ, lib vij. sayeth the roote of Colchis, sodden by it selfe, do purge the belly, and helpeth morbus articularis, which is the sickenes of the ioyntes: as the Goute, the Sciatica, and the paynes in the ioyntes of the handes, called Chyragra. The rootes be perillous to be eaten, as other wholsome rootes are in meate, as a Sallette: for they wyl put one in daunger of choking, or strangling. But they wil purge the superfluous humours, and bloud downward and bee venemous, sayth Dioscorides lib. iiij. cap. lxxix, Yet sayth he, they be sweete, and somtime the ignorant do eate them for Bulbi, a kynde of sweet rootes: but the remedy is, onely to drinke a great draught of mylke. Theyr rootes and flowers stamped, wyll kyll Lice, anoint chyldrens heads therewith. The second kynd of Hermodactilj is called wylde Iris, or Flowerdeluce of the feld, or Lillium conuallium, the rootes sodden, the decoction of them, dooth clense the fylthy teeth that stynketh: the leaues sodden in Wine, doe dissolue humours, gathered into apostumacion, if it be warme washed often tymes therewyth, specyally hoat apostumes, or swellynges gathered of Choller. Galen dooeth remember these Hermodactili, callyng them Ephemerum colchicum, or Iris, describing the same, as is aforesayd, with the same Vertues, lib. vij, simplicium medicamentorum.

Safron, the other like lylies.

Cholchis rootes wyll strangle one take heede thereof, although they seeme sweete.

Hermodactilus wyll kyll Lice.

Marcellus.

What

Marcellus.

Of Rumex, the Docke. Monkes Rubarbe, or baſtard Mercurie.

What vertue is in the herbe Rumex, called the great Docke, I meane not the Sozel, called Acedula, wherof you answered mee before in this booke.

Hilarius.

Monkes Rubarbe.

I know your meaning very well of that wilde herbe, whych groweth commonly by pathes, hedges, and waters sides. And of this kynd, ther is one called Monkes Rubarbe, which groweth in gardens, the other is wilde and with lesser leaues. Marcellus, the blynd ignorant people, haue of long tyme not a little erred, in one kynd of Lappa or Rumex. I meane neither Sorell, nor the common wyld Docke, or the bastard Rubarbe: but that which is commonly called Mercurie, with golden sandes, vppon the backsydes of the leaues, great rootes, clusters of seedes, leaues like a brode speare head, not purfled about with iagges, or smal teeth like a saw, which in deede the very Mercurie hath, with one onely roote. Whereupon many small fine rootes do grow, like a bush: and thys Mercurie is mutch like vnto wylde Hempe. But this bastard Mercurie, whereof I haue now spoken called Rumex, is none other but a kynd of Dockes, which being sodden, or vsed in Clyster, wil moue the belly to bee laxatiue. And is good to be sodden in brothes for them which haue the yellow Jaundice. And the roote of this Docke, which is yellow, is also good for the same purpose, & for the Timpanie of water: a dragme of the pouder, of the Munkes Rubarbe, called the garden Docke, drunke in wyne, wyll purge fleume, water, and choller downeward. The herbes well sodden in Wyne, and applyed to the swelling of the throte, will speedyly helpe the same. And thus I do end of Rumex, called the Docke, and also of the bastard Mercurie, which maister Leonard Fuchsius, doth affyrme to be Rumex, in his bookes of Plantes. Chapit. Clxiiii And some there be, whych affirme this bastard Mercurie, to be one kinde of Atriplex, but red Atriplex is Arage, a garden herbe, which wyl quickly spryng forth, to doe pleasure to mankynd. And is called the golden herb, because of his yellow flowers: and of nature is moyst in the second, and cold in the fyrst degree, And this herbe raw or sodden, wyl moue the belly to be laxatyue, and is good in Clysters: the seedes thereof drunk with sweete water, wyl very quickly help the kings euill, sayth Dioscorides, & Galen affyrmeth the same. And furthermore, that it wyl open the Gal, and purge choller: Plinie would that the water, wherein Atriplex is sodden should be often times shyfted or els it wyl hurt ỳ stomack and infect the face with little spottes or pimples. With Beates, sayth Hyppocrates, it is good to wash, or clense the mouth of the matrix: with Honye and Vinegar tempered, it healeth the Shyngles. This Garden Atriplex is good for medycine: but the wyld Atriplex, or golden Arage is onely good to chaūge the colour, and make the hayre yellow, with Barbery barkes, and the Flowers of Calendula, called ỳ Marigold. And thus I end of Atriplex, called Arage or Chrysolochanon, or the golden herbe.

They which call Rumex with the golden Sande, Mercurie, do greatly erre.

Of the great Docke, how it purgeth.

Of the herbe called Atriplex or Arage

The hynges euyll.

Shift water. often tymes. when Atriplex is sodden

To die the hayre.

Chrysolochanon.

Marcellus.

What

what then of Germander, called Quercula minor, the little Oke?

Hilarius.

Quercula minor the little Oke, or Germander.

IT is called Quercula minor, bicause the leaues thereof be like vnto Oken leaues, although very small: It is euen so named Chamædris, of a very lowe Oke of the grounde, it is named Serrata, for it was first founde by this Germander is cõmonly known, and dyeth not in Winter, the flowers be Purple. And this wyll growe in rocky places of his owne nature, although plenty growe in Gardens: it flowrisheth in July, it is hoat & dry, sayth Galen, in the third degree. But my frende Marcellus, vnderstand this, that although Galen sayth so, yet for all that, the herbes here in England, be not so hoat of nature, as they be in the hoat coũtrey of Greece, where as Galen was borne, therefore, obserue the Climate and Region, and then you shall do very well. Nowe to thys herbe, which is scant so hoate and dry, Dioscorides affirmeth that this herbe greene or dry, sodden in wyne or water, and so drunke, hath all these vertues. It helpeth conuulsions, coughes, hardnes of the splene, stopping of vrine, Dropses, and forceth the termes to passe. And in the tyme of perill, ỹ Mydwyfe may giue it to the Woman, whose childe is dead, to come forth. Drunke with Vineger, it doth rebate the swelling of the Lyuer, and preuayleth agaynst poyson. And drunke wyth good Wyne, and pilles of thys herbe, wyth Hony, and then swallowed it will purge sores and vlcers. It openeth the stopping of the ioyntes, and dryeth grosse humours, thus sayth Galen, Theophrastus affirmeth that the leaues stamped with Oyle, will heale woundes: and the seedes drawe forth yellowe choller, being drunke, and be good for the eyes. The Juyce of the leaues, tempered with cleane oyle Olife, wyll clense the dimnes of the sore eyen, sayeth Plinie: and these be goodly vertues, which God hath giuen to this herbe, my friend Marcellus.

Many good vertues of Germander.

Marcellus.

what is Psyllium.

Hillarius.

Psyllium called Fleawort.

PSyllium is called Fleawort, bicause the seede is like to Flees, black & hard, which Flees in the North countrey, be called Loppes: or els as some do say, whereas this herbe is cast greene into any house, no Fleas will remayne there. It groweth in dry places vnsowen, the seede is colde in the seconde degree: wyth Oyle of Roses, Vinegar, and this seede stamped together, is good to anoynt the ioyntes, swelling, & hoat burning paynes in the forehead. This herbe or seede, broken in a Leadden morter, with hogges grease, is good to to heale a foule, burning, rotten vlcer or sore. The Juyce thereof wyth Hony, dropped into the eare, will kyll Wormes, or any Flea crepen therein: and thus mutch affyrme Dioscorides, and Plinie, of this hearbe.

For paines in the head comming of heate. or burning.

Marcellus.

Digitales.

WHat say you of Fore Gloues, commõly ỹ Finger flowers: the flowers of some be yellow, & there be of them Carnation in colour? Thus I know them by name and colour: but no furder, I can say of them.

Hilarius

Hilarius.

YOu sayest well, I neede no further description of them: it groweth in mountaines, shadow, or rocky places. It is bitter, and therefore it must needes be hoat and dry, for Galen lib. iiii. de simplic. medi. facul. cap. xvij. those herbes sayth he, which be bitter of tast, do clense and purge and do cut away grosse matter in ỹ vaines. Therfore with bitter things ỹ termes menstrual, and the fylth from the breast, and lunges be clensed, what more? This herbe wyl do all, or asmuch as Gencian wyll do: in whose place, this herbe called yellow or Purple fyngers, is vsed: these be Galen his words of this herbe.

Yellowe and Purple Fingers.
Bitter herbes be hoat & dry.
To clense the stomacke.

Marcellus.

ALthough you haue shewed me the nature of common Gardein Mints I had almost forgotten Calamyntes, Organ, and Mariarum I pray you shew me some thyngs of them.

Hilarius.

IT is called Calaminte, the profytable Minte, the vertue therof causeth Serpents to flye from it: much of thys Calamynte doth grow vpon Mountaynes, and is called Calamintha Montana. An other kynd is called Nepeta, or Neppe of the garden: an other is Pulegium Siluestre, the wyld Pulyall roiall of the Wood, with great leaues than Generoial, called Pulyall, growyng in Woodes, or moyst places. And Calaminte, is of essence, or beyng hoat & dry in the third degree: the rootes bee of none effect or profit, but the leaues be very hoate, and eger to tast vpon. The vertues of Calaminte be many, as against poyso and stingyng of Serpents, either drunke, or anoynted: agaynst the strangurie, or the stoppyng of vryne. or stone, conuulcions, paynes in the stomack Orthopnæa, whych is a disease, that a man can not take his breath but holding his necke vpryght: Tormina, or paines of the guts, stopping of ỹ termes in women: tercians, and the kyngs euyll. All these be clensed, opened, and healed, by, and through Calamintes. drunke in wine: the pouder and sirupe haue the like vertues, the water therof is but weake, except to stop vomits What more of this herb, it wyll kyll great wormes, drunk with Salte and Hony: euen so it wil Ascarides, whych be lyttle round wormes, breedynge in the long guttes of chyldren. Who so hath Elephanticus morbus, which is a Lepre, bred of melancholy with swelled flesh, and black spottes, and vse to eate Calamintes sodden, or raw, and then drynke the iuice in Whaie, shalbe healed of the same lepro sie. This sodden in wine, doth take away blew, or black spottes from the skin, made by a stripe of hand, wand, or rod, or stumblyng against ones fyst in the darke, applyed to the same stripe: a playster made thereof, or hoate layed vppon the huckle Bones, wyll asswage the payne of Sciatica, and it wyll draw downe humours. The iuice wyll kyl wormes that be in the eare. Galen doth wryte very mutch of Calaminte. lib. vij. simplicium medicamen. agreeyng with Dioscorides, and doth mutch commend the Oyle of the same, to anoynt the body, saying: it wyll enter quickly, and that it is a present remedy for the Sciatica. And through the bytternes of the same, it wyll

Calamintha Montana Nepeta. Pulegium Silueitre.
Dioſco. lib. 3. Capi. 36.
Orthopnæa difficulty of wynde.
Tormina fretting of the Gutts.
The oyle of Calamintes doth warme the body, & is good against the Sciatica.

Organ.

Dioscor. lib. 3 Cap. xxviii. xxix. xxx. viii.

it wyll skoure, and clense the yellow Jaundice. and open the Galle. And to conclude, the Mountayne Mynte with the Purple flowers, hauing leaues like to Ocimum, called Basill, Nipotellæ, called Neppe, is one of the Calamintes. So is an other called S. Marie Mint, with flowers like to Chamomill. Some there be, that do take Organ, to be a kynde of Calamyntes: but it is not so, for Organ is a proper herbe of it selfe, in name and nature. And is distinguished in fower bye names. Heracleoticum, Onitis, Syluestre, and Tragoriganum, these bee sweete herbes: Goates and other beasts loue to feede of them. Some of them haue leaues like Hysope, but broader: Some lyke Sauerye, called Satureia, of increasyng of seede, whych Sauorye is neare kin in nature to Organ, so is Amaracus, called Maioram, or Sampsuchum. These all be herbes very sweete, wholsome, and pleasaunt, good to mankynde, and enemies to venome, & poyson of corrupted wormes or Serpents: and of nature be hoat and dry in the thyrd degree. These herbes wyll warme all the body, eyther in bath, or to be anoynted wyth the Oyle, agaynst all cold sycknesses, or rigours of trembling. These herbes sodden greene in broth, or the pouder simply of them, put into the same, or els drunke in Wyne, or the Sirupe thereof, wyl do thus, as followeth. Help the dulnesse of syght: prouoke neesyng, eyther in oyle or pouder: open ỹ raynes: prouoke vryne: force termes menstruall: kyll wormes in the belly: Cleanse grosse fleume from the Stomacke: make good digestion: helpe the greene sycknesse, nothyng better for melancholy, and paynes in the left syde. Good for the collike, palsye, stinkyng breath, shortnesse of wynd, or vomytes, or swellyng with dropsy. There is a forgetful sycknes, called Lethargus or Veternus, which is placed in the head, in whych the power of reason is contayned, through a sickness of fleume. as a quotidian not purged, or els of Peripneumónia, which is a sickness of ỹ lungs. When through heat, flegme is melted, or made thin eftsones, drawen to the head: the best remedy is then, to purge the head, wyth Hieræ simplicis. ʒ i. ß. & to weare a garland, or cloth full of these herbs, of Organum Maiorum, or Sauerie. and healthy will folow: and thus I do end of them.

Dioscor. lib. 3 Cap. xxviii. xxix. xxx. viii.

Sauerie. Maioram

Lethargus helped with herbes, hoate and dry in the third degree.

Marcellus.

What is Ormyn, which we do call Clarie, Gallitricum?

Hillarius.

ORmin hath stalkes fower square, leaues grosser than Horehound. flowers in forme like the Archangel: but purple coloured, growyng aboute the stalke, with black seedes in the Cods. This herbe is hoat and dry: Dioscorides sayth, the seede drunke with wyne, wyl moue Venus, with Honye it will cleanse the bloudy spottes in the eye, this affirme also Paulus and Plinie: and it is good for to clense the whites in women, sodden wyth Plantem in red wine, and drunke: stamped and put to a prick, it wyl draw it forth of the flesh.

Orminum Ormyn. Or Clarie.

Clarie good for women.

Marcellus.

What is the vertue of wyld Basil, called Ocimastrum, hauing stalkes fower square: flowers Purple, seedes blacke, and leaues lyke vnto the kyng of herbes, for sweetenes called Basill.

Ocimastrum wyld Basill

Hilarius.

Hilarius.

THis groweth in sondry places, and floryssheth in October: bearinge the Seedes and Cods, is hot and drye of nature wyth Bytternes .The seede sodden in Wyne and dronke warme, helpeth the byting of Serpentes,and dronke in wyne, with Myrrhe and Pepper. it healeth the Sciatica,saith Dioscorides.

Marcellus.

What is the vertue of wyld water Peper, an herbe so named

Hilarius.

Hydropiper Waterpeper

IT is called Hidropiper, because it groweth in waker,& the tast therof burneth in the mouth,as the spice Peper doth. It hath a very tough stalke, leaues lyke Myntes but broader, thynner,and whyter ,the Seedes growe by the Leaues vppon slender Braunches, it floryssheth in August. It is hoat and drye, not so muche as Peper Dioscorides sayth,this herbe with the seede stamped, annoynt the blacke spot,or hard knot through a strype therewyth, and it shall be healed. If this seede bee dryed and beaten vnto pouder mingled with Salt,it is good to eate with meate,or to season flesh. The roote therof is good for nothing:of this herbe be two kyndes,the one hauyng leaues like myntes:of the seconde speaketh Matthiolus saying he taketh it to be Persicaria. which hath Leaues lyke Peaches, with coloure spotted, somewhat lyke Puke, of which Persicaria. I haue spoken of before.

Dioscorides lib.2.cap. 155. Gal.lib.7 Simp,medic.

Hydropiper. one hath leaues like Myntes:the other is Persicaria with leaues lyke Peches. and will serue in the place of Peper.

Marcellus.

What be the vertues of Aristolochia rotunda,and Longa

Hilarius

THis Herbe is good to quicken the tyme of Child byrth,and expulse the secondes, whereof there bee three kyndes:one round w leaues like Iuie,but rounder,w round rotes:frō which herbe commeth a pleasaunte sharpe sauorwhyte flowers vpon prretty redde knoppes,this is Rotunda,or rouūd,ꝑ Female: an other is called Longa,or long with long rootes and leaues,smal braūches,purple flowers,and stinking,whē it doth growe: and is of the fashion of a Peare. Both of theym haue berryes lyke Capers very bitter,of colour lyke Bore,and do stinke. Now to the thirde whiche is sweete hauing smale rootes and flowers like Rue or herbe grace.The rouūd roote is the best in medecine, as salue,pouder,& Oyle. The fume or smoke therof put vnder beddes,or the cradels of young childzen,is very wholesom & putteth away ayze of infection:this herbe is most bitter & somwhat sharp hoat and drye in the second degre. This herbe hath vertues to incarnat vlcers and woundes, with clensyng and mundifyinge theym:and will extenuate and make thin Grosse humour,and knitteth.The roote or curnelles therof,dryed and beaten into pouder with Peper and Myrre mingled togea

Aristolochia Rotunda Longa Clematis. Dioscor.lib.3. Cap.155.

Galen.lib.vij. Simplic.medic.

ther, is wholesome to rubbe the gummes and teeth, when they be foule & cankred. The pouder is good to take away ded flesh, to be put into a fistula, to clense it: euen so it wil helpe the conduite of the vryne, conueyghed in wyth a syrynge or instrumente when it is corrupted with burninge heate, or vlcered: a foment Oyle and wyne, and this roote wil bring forth a yong chylde. Gentian Aristolochia, and Hony, make a holsome confectiõ, for a stinkyng breath. The second ii. kyndes sayth Plinie, drunke with wyne, or water, be good to be geuen them, which haue the cramp, or haue fallen down from some high place, beyng sore brused. The seede drunke, is good agaynst the plurisy and wormes, w rosen and ware, this roote, or rootes, in pouder, withdraw cornes from the feete, and also draw pyckes, needles, & arrowe heads from the Flesh. With vineger, this pouder wil, heale a greene, woũd: it is drunke agaynst the fallyng sickness, and shortnes of wynde. And this roote must be gathered in April.

Aristolochia helpeth Cankers and burninges.

Many good vertues of Aristolochia.

Marcellus.

What is the vertue of that wylde clyminge Vine, with the greate whyght roote, stinkyng berries, red of Colour, and leaues lyke vnto Hoppes, or wild Fyges?

Hilarius



This is a hedge weede in euery place commonly growing, and creepeth about busshes, braunches, boughes and trees it florisheth vntil Harueste the braunches be somewhat bitter and sharpe, & stopping of nature. The roote doth drye with moderate warmes, in the second degre, it hath vertue to clense skoure with maturation or rypenes. The roote of this Brion, or the pouder of ỹ rotes, with Smalage. Mallowes, cleane Hony, Flaxeseede in pouder, and Barly meale cleane Terebinthin, and a little whyte wyne sodden softlye together, maketh a medecine to heale Fellons and vncomes withal. or pushes. This herbe beyng yonge and tender, may be eaten as Asparagus may bee, sayth Dioscorides, for it moueth or prouoketh the belly and vryne, the leaues, fruite and rootes be sharpe, and wil byte the toung, if you tast of them. Therfore they wil stampe them with Salt, to heale Cankers, fylthe in handes or feete, or Legges, &c. as sores, foule pushes. &c. This roote wil clense all the fylth from the body, and blacke spottes, blaynes, blisters, shingles, pimpels called good Ale pearles, tempered with the Pouder of Fenegreeke and the Oyle of Tartar. Or els Bryona sodden in whyte wyne, from a quarte to a pynt, then strayne the same, puttyng some Champhere. and washe the infected face euery nyghte with a Sponge, and lette it dry in. The rootes pressed in the Syrynge, and the Juice Dronke wyth sweete water doth purge fleum: dronke dayly in the morning with wyne or Ale, wel sodden, they helpe the fallyng euil, and vertigo Two vnces dronke are good agaynst the poyson of Serpents, or venomous drynk. But yet it wil kil a yong child, in the mothers wombe. Many, if the child be dead, by anye casualty in ỹ belly, thẽ it wil bryng it forth by the way of a foment, or aplicatiõ

Briona vitis alba, or the wyld running Vine.

To heale sores with Briona.

To clense the face with Briona.

Briomia defendeth poyson.

tion, by iniection into the mouth of the Matrice. The berryes of this bro-
ken, do helpe to clense scurfe, and fylthy Lepzosy from the skinne. If nur-
ces do kneede their Wheat meale, with the iuice of the Bryon beryes and
bake it in breade, if they eate the same breade, it wil increase milke in their
brest. But to vse it much, excepte cause of infyrmity moue the pacient, it is
hurtful for memory: it helpeth the lunges, Liuer, and splene to be dronke,
and draweth forth pryckes, & healeth woũds.

Brionia encreseth Milke

Marcellus.

What is Pellitory of Spayne good for?

Hilarius.

THe flower thereof, put into the nose, wil prouoke much nesyng: and therfore it is called Ptermica, it hath Flowers lyke Chamomel, braunches much like Sothernwood, It wil grow in hard stony places, the roote must be digged in the ende of Haruest: it is hote and drye in the thyrde degre and in the beginning of the fourth, specially if it be dryed. The leaues with the flowers stamped togeather, wil make a good oyntmente to take awaye Markes made with strypes, causynge blewe or blacke spottes in the face or any part of the body. The rootes haue vertue to draw fylth and cold humour from the corrupt payned teeth, sayth Galen lib vij. simplicium medic. But if the sayd rootes be fyrst steeped in strong Vineger and beaten in a morter, and small round pilles made of them, putting them into the mouth, they wil draw much fylth from the pallet of the mouth and gummes, and fynally ease the tooth ache. Or the sayd rootes or iuice of thẽ sodden in Oyle, wil put away a cold Feuer, if the body be well annoynted therwith agaynst a Feuer before the fyt do come, eyther in tertian or quartan. And it is a good oyle for a cold stomacke, that is swelled: and thus I do ende of Pellitory.

Sternumentaria
Pyrethrum
Ptermic
Pellitorie

Dioscoridesi lib. 3. cap. 71

Pellitorie hath vertu to help the teeth.

Pellitorie wil take away a colde Feuer.

Marcellus.

WHat vertue is in a wede which we cal Goosegrasse, some people cal it Hare weede? It groweth it hedges, in hath rough leaues, and berries whych berryes hang by couples, and wil cleaue to men or womens clothes, and therfore some do cal it cleuer grasse, with white flowers, whyte round seedes, lyke nauelles.

Hilarius

YOu haue rightly described this herbe, which in deede beareth al those names amõg the people: it is called Philanthropos, for it loueth to hang or garment, and goe with menne. This is a name of propertie, ỹ very true name is Aparine, it is drye and clensyng: and this herbe and seede dronke in wyne, preuayleth agaynst stinginge of venemous thyngs: and the iuice distilled in the eare, helpeth them, that cannot wel heare, This herbe tempered wyth fresh Swynes grease, healeth Struma, or paynes in the throte, applyed to the same place: the iuice therof sayth Plinie stoppeth blood in a fresh wounde, and healeth the same.

Philanthropos
Aperine commonly called goosegrasse, & hare weede.
Dioscor. lib. 3. cap. lxxxviij

Marcellus.

Framingham.
Nettlestede
Lethringham.
Parham.
Kelshal.
Some
Heningham-
Wellwood
Huntingfeld.
Henham.
Glenham.
Bẽhal: these
be Parkes in
Suffolke, in
which flo-
rishe sondry
kynds of her-
bes and flo-
wers & this
Viscum.

WHat is the vertue of Mistlen, growing vpon Thornes, Peretrees, & Okes, whereof I haue seene great plenty growing in the countrye of Suffolke, with many goodly herbes and flowers: as in these most auncient Parkes of Framingham Kelshal, Nettlestede, Lethringham, Parham, Somel, Heningham, Westwood, Huntingfeeld, Henham, little Glenham, and Benhal &c. These Parkes be old neighbors, God send them continual frendship with eche other in vnity, for where as vnity is broken, the Parke pale wil not hold, but fal into sodayn ruine and decay, and the Dere wil scatter.

Hilarius.

IKnow the places which you haue named right well. Furthermore, I commend your good zeale that you beare to that worthy country: wishing their continual vnity and concord. I desire the same. For they be people of no lesse ciuility then of most auncient good fame and worship: descended from houses of fame, worthy of memory, I meane no parkes, but people, nor them which haue crept vnder a goose wyng, drawing forth a bastarde sworde no longer the a writing pen, fyghtyng their combate vppon the backsyde of a shete of paper, to the hurte of many perhaps, and profyte of none, but to themselues onely. But of them speake I, whose blood hath bene shed in the iust quarel of their Princes: whose houses be builded vppon hard rockes, of true gotten goodes: whose dores be open, keping hospitality according to their calling, who with the loue of the country gard themselues, and with iustice Defendeth causes of the poore. These be they which be worthy of laud, that thus feareth god: these be the right gentlemen, otherwyse not. Nowe to our matter, from which we a little haue digressed. For this Mistlen, whiche is called in Latine Viscum, which is hoat & tart, hauing ỹ cõplexion of ayre & water. This herbe with Rosen and Mare boyled together, wil make a medecine to mollifye, dissolue, draw forth swellyng curnels, distilled of foule humours, gatheryng behynd the eares: or any foule pusly, fester, or fellon, in any other place of the body: tempered wt Rosen, it healeth an old vlcer. Take the berries of this Mistlen, put thereunto the pouder of Jeat, make it warm apply it to the left syde vppon Leather when ỹ splene swelleth, and it will helpe it. Temper it with Auripigmentum. or vnsleaked Lime, and it wil draw foorth cornes. This Mistlen sayth Galen is one of them, which after the first puttinge to in any medecine wil not be hot but requireth a tyme, by little & little, as Thapsia doth: & this mistlen groweth of no seede, nor wil grow vppon the earth, but vpon the tree through the dounge of byrdes that sytte vppon them by night, which by little and little, breaketh through the barkes of the tree, into the sappe: frõ whence at length this Viscum doth spryng and groweth greene in Wynter, when the poore naked tree seemeth withred and ded Virgil obseruing the nature thereof. in the AEnedos, liber. vj. sayeth thus of it.

Very gentlemen spyring not by extortion, but by true serving theire Princes, and liuing of their owne, hurtinge not their poor neighbor, preferring the fauoure of the country before lucre. Which is their chiefe treasure

Dioscor. lib. 3. Cap. lxxx. vij Mistlen healeth many perillous sores.

Mistelton or Mistlen wil make a good tryping plaster and heale cornes Galen. lib. 6. Simplic. medic.

Quã-

Quale ſolet ſyluis brumali frigore Viſcum
Fronde virere noua, quod non ſua ſeminat arbos. *Virgil*

The Miſtelduine by kynde, in ſtormes of Wynter cold,
Is neuer ſowen yet greene doth grow on trees bouth bare and olde

Miſteltow is not natural in kinde: but a baſterd brasuch growing vpon ſome other tree.

Plinie the xvi. booke the laſt chapter, ſayth there be certayne plantes, which cannot be engendred, or bred vppon the earth: for whom nature hath prepared, to take their begynnyng and nutriment of trees. For when they haue no places of their owne, then they lyue vppon other, as this Viſcum or Miſteltow, is wont. But now by the way of proteſtation. What benefyt hath that tree, vpon whom this Miſteltow doth grow? No more than anye member of the body, vpon whom a Canker is placed: it will at length deſtroy altogeather, except it be pulled frō the tree, vnles it be a mighty tree, ſtronge and full of humour, with plentiful increment. Euen ſo, into what realme or cōmon wealth, Country, Borough, or Cittye, that vnnaturall ſtraungers, or forreners, be planted, placed, or as they ſay, made nayleſaſte: forthwith they ware hygh, I meane welthy, luſty, and greene in Winter: they lack nothing in the tyme of dearth and miſerye when as the naturall people, vppon whom they haue their gayne proſpyte, taſt of ſore laboure, lacke, loſſe, honger, and pouerty. And thus I doo conclude, bothe of miſerye, and Miſtleden, remembryng Plinies woordes in the foreſayd Chapiter: Namque cum ſuam ſedem non habeant, in aliena viuunt, ſicut Viſcum.

Miſteltow is like a ſtranger that waxeth ryche and florisheth by the hurt and loſſe of a freeborne man of his natural country or citty.

Marcellus.

What vertue is in Ebulus, called walwort, whiche in Suffolke they call Danes weede: it groweth like Eldren, which leaues be like Walnut leaues, and berryes in the top?

Hilarius

Sambucus Ebulus. Elderne and walewoorte.

THis herbe is of the nature of Eldren, called Sambucus, of one Sambix, which fyrſt found out the vertue of this Eldren: and of nature is hoat and dry, reſolueth, and dryeth moyſt ſores & vlcers, but is very hurtful to the ſtomacke. Notwithſtandyng the tender leaues ſodden, and eaten lyke a ſallet, purge fleume and choller. And it is good to heale the dropſye, and doth mollify the mouth of the matrice, to make a fomente therw̄. The iuice of this Ebulus or the berryes ſtamped with freſh Greaſe, and Barly meale, wil clenſe deepe rotten ſores, and coole the burning of a Goute, and paines in the ioyntes. Paulus Aegineta ſayth, theſe ii kynds of Elders, do glew and heale: and either eaten or drunke do cauſe forth water by the belly, and nether partes.

Dioſcor. lib. 4. Cap. Clxviij.

walewort maketh medecine for the gout, & paynes in the ioyntes

Marcellus.

what is the vertue of Epithimum?

Hilarius.

Eythymum. Dioſco. lib. 4. Cap. 172. Galen. lib. 6 Sim. medica.

THis Herbe doth wrappe and fold about Tyme, and is therfore ſo called: the flower is vſed much in medecine, and is hoat and dry in the third degre. And purgeth Melancholy, Fleum, and groſſe humours from the head, and doth comfort the harte. Caſſutha is hoat in the fyrſt, and dry

Dry in the second degree, and is of greate vertue to open the Gall, clense the raynes, deminish the Spleene. It purgeth, skowreth, fleume and Choller, and healeth ỳ Jaundice: Drunke in decoctions, potions, Syruppes, &c.

Epithymum. & Cassutha helpeth the Liuer Gal & spleene.

And this Cassutha groweth grosser, and larger than Epithimum with white flowers, and no rootes: but groweth vppon other herbes, as Paritorye, young Flaxe, and other Plantes, as Plinie lib. xvj. Cap vltimo wryteth.

Marcellus.

What say you of Vngula Caballina or Tussilago?

Hilarius.

Vngula Caballina. Horsehoue.

IT is called Vngula Caballina, ỳ is horshoue, because no herbe is liker: but the Greekes call it Bechion, which is Tussilago, ỳ is, to help ỳ cough. It is cõmonly knowen, some cal it clot leaues: whyte on the one syde, and greene on the otherside. And groweth nere waters, and in fallow landes: the flowers floryshe in Maye onlye, but the leaues al the Somer, and of nature be colde and moyst. These leaues stamped and strayned, the iuice wil heale shingles, skaldinges, burninges, and hote inflamations. Dioscorides, Galen and Plinie affyrme, that these leaues and rootes, beeing dryed and cast vppon the coales and so to receiue the smoke therof through a reede or Trunk into ỳ mouth, wil clense the Lunges, and helpe them, and quickly deliuer them from olde rottes, and cold coughes.

Dioſco. lib. 3. cap. 106. Galen. lib. vi. Sim. medica.

Marcellus.

Apiastrum.

What is Apiastrum?

Hilarius.

Melissa Balme. Dioscor. lib. 3. Cap. 101. Auicennæ in libro medicin.

APiastrum or Melissa which we name Balme: be of two kinds, garden, and feelde. Bees loue this herbe aboue al other, and it is called the Bees, or Hony herbe: and is drye in the fyrst, and warme in the second degree. The iuice of this herbe, healeth stinging of Bees, Serpents, mad dogges, and woũds, drunke in wyne, and clenseth also the terms menstrual. Nothing doth more comfort the harte, then this herbe in Decoction, or the water thereof: Burrage water, and syne Muske sodden in a cleane vessell and dronke when the hart is weake, or in a great Hicket, thys herbe wil clense the Lunges, and stop the bloody flixe, and paynes of the throat called Angina made in a warme plaster. It kepeth vomits, and helpeth collike dronk in wyne: Balme & Nuttes, stamped with Hony, helpe to lighten the Dull blemished darke yen, and the sight. It is like Horehounde sayth Galen.

Galen lib. 7. Simpli medicamen.

Marcellus.

What is Carui, which we do cal Careawayes?

Hilarius.

Caros.

THis fyne smal seede cõmeth from the country of Cari in *Asia* which is ỳ place, where as they grow very plentifully: this Cary seede, is hoat and drye in the third degre. Dioscorides sayth, this is the vertue of the seede, pleasaunt to the mouth, and profitable to the stomacke, it prouoketh vryne, & helpeth digestion, it is good in medecines, and of the nature of Anisseedes

Dioscor. lib. 3 Cap. 57. Galen. lib. 7. Sim. medica.

nisseedes: the rootes be yellow and to eate vppon be better than the Past nippe. The seede doth not only extinguishe hote swelling and moue vryne: but the plante also, sayeth Galen: the decoction of Cary wyne, is beste to bee dronke to clense the raynes.

Marcellus.

What is Cartasilago

Hilarius.

CArtasilago hath red stalkes two cubites long, and hollow long leaues like Sallow, with small teeth lyke a sawe, about them yellow flowers, many Rootes, and red without: it floryssheth in August, it is dry, stoppyng, and byndynge. This herbe is equall to the best healinge wounde herbe: and it wil incarnate and heale the sayd wound, and clense ỹ same stamped and put into it. You may drye this herbe and make pouder therof, and cast it into a fresh wounde, and it wil heale speedelye. What is better for a fystula? Proue it I pray you.

Cartasilago vulneraria, Herba.

A goodly wound herbe.

Marcellus.

what is Grummel seede?

Hilarius.

GRana solis, Millium solis, is comonlye knowen, these seedes be good to be fynely beaten in pouder, and dronke, to clense the raynes and cause vryne to passe, that is stopped: Fenel, Parselye, and this seede broken in whyte wyne, and let it stand all one night, puttyng some Sene leaues to the same, and in the morning seeth this in a stone vessel, put in Sugar then straine it, and drynk the same: it wil purge fleume, choller, and open ỹ raynes and bladder, and force forth vryne most plentifully.

Grana Solis.

To clense the ryne to passe plentifully.

Marcellus.

what is the vertue of Cichory?

Hilarius.

THis Herbe is called in Greeke Serin, in Latine Intybum, whereof are twoo kyndes, the wyld and tame, these be the names of Endiue and Cichory, that with broader leaues, somwhat lyke Beates, is Endiue. The Seconde wyth Jagged Leaues, lyke vnto Dandelyon, is Cichorye: these haue harde stalkes with trim blewe flowers lyke hats, some haue whyte flowers. These be cold and dryye in the second degree: the Endiue is more cold then the Cichorye, & be both of a restringing, or stopping, bynding nature. These herbes greene, both rootes and leaues, hath vertue to coole the hoat burning of the liuer, the stoppyng of the gall, the yellow Jaundice, the heat of the harte, the lack of sleepe, the stoppyng of vryne, hoat burning feuers, beyng fyrst digested. The syrupe therof is excellent good agaynst the sayd sicknesses: the water cannot be missed in all potions & coolynges, or purgyng drynkes, to purge mankynd withal. The waters of Endiue, Planten, Roses, and styled Wylke, with fyne Bole Armoniake, or seede without Opium, is good to be cast with a Syryng into the fylthy, burnt swelled, or corrupted yardes, or Conduictes, of vncleane persones.

Sponsa Solis. Intybus. Endiuia. Cichory.

Dioscor. lib. 3. Cap. Cxxv.

A very good medecine for the liuer in the yarde.

For the heate of the liuer. R. Endiue or Cichory, whytes of Egges, Barlye flower, Sanders, cleane young fresh swynes grease, the oyle of Roses, Violets, and water Lillies, wrought togeather in a Leaden morter, and applyed to the syde, spread vppon leather. This plaster is very good, agaynst the hoat burning gout in the feete, or shingles, or burninge in any parte of the body. Dandelion is of the same vertue.

A plaster for the liuer and goute.

Marcellus.

What is that roote Napus called the Nauew

Hilarius.

IT is called Napus Bunias, because of his own nature, it groweth great and round, wherof bee two kyndes: one beareth leaues lyke Rapes, The other lyke Rocket, but greatter, and hath yellow flowers, the Seedes growe in coddes, and of Nature be hoat in the second degre. The rootes of Napee increase wynd, and lesse norishe then Rapes, the sedes be good in many medecines, and preuayle against poyson. The rootes sodden and preserued in salt, be wholesom to eate vppon: in Egypt the people make much of this herbe.

Napus, Bunias.

Marcellus.

What say you of Rapes.

Hilarius.

THis Rape is a rural common roote, and no lesse knowen than common, of two kyndes: the tame hath leaues lyke Radix, and yellow flowers. The other hath blew flowers and smale sharpe leaues, in the length of a synger, with smal teeth lyke a Saw, roūd about the said leafe. The garden greate Rape doth norysshe, inflate, ingender, loose or weake flesh, and moueth carnall lust. The roote sodden, & warme applyed, helpeth a kibed heele, and easeth the gout, make this Roote hollow, put therin oyle of Roses and Ware, then rost it in hoat Ashes, & this wil heale kybes, which be deepely rotten or festered within the heele. Seeth Asparagus in the decoction of Rapes and drink the same to purge the blader, clense the raynes, and force vryne. The seede of Rapes is good in manye medecines, and in Triacle, and expulseth poyson: wilde Rapes bee putte in medecines, to clense the face, as with Lupines, beene meale. &c. Plinie saith, the seede beyng sowen, within thre moneths following, it wil bee a greate roote: but it is very hard in decoction, it encreaseth wynde and seede, sayeth Gal. lib. vi. Simplicium Medicamentorum. There is great plenty of the oyle therof made in England, as in Marsland nere to Lin. &c. Very profitable to our common wealth.

Goodly vertues of rapes.

Plini. lib. 17. cap. xiij.

Marcellus.

What is the roote called Rhoyda?

Hilarius.

RHoyda is a goodly roote, wherof is great plenty in Macedonia, & now in many places of Germanye, growyng in gardens, and is hote & dryye in the second degree: it smelleth much lyke a Rose and these rootes stamped, & made warme with oyle of Roses applyed to ỹ forehead wil asswage

swage the griefe, burning heat, lack of sleepe, & frensye, that mankynd doth through weaknes fal in to. This herbe wil grow in England also, if idlenes were not the let. *Marcellus.* Ko da helpeth the head.

What is the roote called Doronike

Hilarius

IT is a precious roote, growyng in Egipt, and is called Doronicus. Actuarius calleth it Carnabadium: it hath many knottes, & is no bygger than a mans fynger, and is put into confection, for lacke of perfect digestion, and agaynst poyson, there is no better Roote than this. Ruellius supposeth it to bee that, whiche the Greekes cal Arnabo. *Marcellus.* Doronicus. Alexandrie Doronicus do helpe digestion.

What is the good of Liquorice rootes

Hilarius.

LIquoryce called Glycerrhiza of the sweetnes, groweth greate plenty in hoate Countryes. Euen so there is much here in England, the yellower and moyster, the better: it is sweete, warme and moyst of nature. Liquorice is wholesome agaynste the exasperation, or sharpnes in Arteries, to byte vppon this roote, or keepe it in the mouth, for that purpose. For the burninge heat in the stomacke, and sycknes of the Lunges, spleene, and olde rotten cough, Scabbes in the bladder, and sorenes in the raynes, drunke in potions or broken: Liquorice healeth woundes, if it be annoynted therewith. The pouder therof put into the eye, wil helpe Pterygius, which is a little skynne growing from the corner, coueryng the syght. Liquorice, Wyne & Honye, healeth both woundes, without and within also Liquories. Dioscorides. Liquorice helpeth the lunges. & wounds.

Marcellus.

I would as gladly learne the vertue of Radish rootes for medecine as I haue bene desyrous to feede of them with meate.

Hilarius.

FYrst I shal declare vnto you the name thereof, it is properlye called Raphanus because it Spryngeth soddaynelye, and Radix is a name common to all Rootes, But this Radish beareth the chiefe name among other rootes: and therfore it is called Radix. Plinie maketh mention of Radish rootes lib. xix. cap 5. that were as byg as yong infante childzen. Of Radish rootes there be no smale store growing about the famous citty of London: they be more plentiful then profytable, and more noysome, then nourishinge to mannes nature, ingenderyng of wynde, enemy to the stomacke, saith Dioscorides. These be nombred rather amõg rootes vsed for meat, thã accõpted of perfit wholsom nutriment: good to be eaten before meate, to vomit and clense the stomacke. But wholesome in the end of meales, for cholericke stomackes, a little at once, to help digestion, and to distribute the meate: but Galen affyrmeth, that tender yong Radish with Vineger, is good sauce in the beggynnynge of Meales, to loose the bellye. Raphanus. Radix. Radishe. Dioscor. lib. & cap. 106.

For

Gal.lib.2.de alimentorum faculratibus.

For the playne people do eate these rootes with bread, taught by nature, & not by arte: And so is Organ beyng greene, Cresses, Tyme, Sauery, Penerоyall, Germander, Mintes, Calamintes, Paritory, and Rocket. These herbes and this roote, be rather eaten of necessitye, then of will and fantasy. But sodden and then prepared with sharpe vineger, Suger, and sweet cleare oyle, are more profitable than crude, raw herbes or rootes. Manye learned and vnlearned, do maruayle, sayth Galen, why men vse to eate them raw after supper, to helpe digestion: who aunswereth, long custom hath so taught them. Notwithstanding, the example of such is not to bee followed without peril or hurt. Plinie affyrmeth, that Raddyshe, sodden in wine, drink that wyne in the morning, and it wil deminishe, and cast forth the stone, open the gall, deminish the splene, moue Venus, clense spottes and bruses made in the skyn by some stryppe. Hyppocrates saith that if women chafe their heddes, with Raddysh rootes, the hayre wil fal, and applied to the Nauel of women, it wil quickly asswage the torment of the belly and Matrix. The iuice wil helpe any payne within the eare, dropped in warme: with manye mo vertues vsed in medecine, although abused in meates, throughe ignorance, in eating them so raw, and out of tyme. Of nature, Garden radishe is drye in the second and hoat in the thyrd degree. The wild Radish is hotter and dryer of nature: the seede is good in medecine to clense vryne, and Radix loueth to growe in fatte groundes.

How to vse Radix rootes

Radix helpeth the belly.

Marcellus.

What of Pastnippes?

Hilarius.

Pastnips their rootes.

THey be called Pastinacæ a Pascendo, that is of Fedyng, or norysching, or warming nature: they be pleasante in tast, and moue Venus, wherof be wild growing in stony places, but the best are sowen in Gardens, and of nature be hoat and clensyng, The seedes of wild Pastnips dronke will prouoke termes menstruall and vryne. heale dropsye and Pluritici, and are good agaynst venome, and stinginge of Serpentes, and helpe conception. But this Herbe applyed into the Matrix, by the hande of the mydwyfe. Draweth forth the dead Childe, stamped with Honye put vpon a spreading vlcer, it is healed thereby. Those of the Garden are more apt in meate then the wyld: and the sayd wyld are more, affectuall in medecine: one of these parsenips is called yellow Caret, the other a Rape.

Dioscor.lib.3. Cap.lii. Gal.lib vij. Sim.medica.

Marcellus.

What is the Sicer, or sweete white Carret good for?

Hilarius.

Dioscor.lib.2. cap.107. Gal.lib.8. Sim. medica.

THis roote is commonlye knowen, it is no lesse pleasaunte to the Mouthe, than profitable in meate for the Stomacke: it prouoketh vryne, and helpeth appetite, and is hot in the second degree,

And

And is so what bytter, and is called whyte Pastnip, with yellow flowers, leaued lyke Pimpernel. The seede sodden in wyne and dronke, helpeth the collike, and wynd in the stomack, or hicket, which followeth after vomits or weakenes of the harte.

Marcellus.

What say you of Rubarbe?

Hilarius.

Rheum Barbaricum, or Rhabarbe, is a noble roote of greate vertue, and doth differ from Rhaponticum, is better in purgynge, in sauor, in substaunce, compact and heauy, golden colowred with gray Turkey coloured vaynes. dry e and in tast bytter, whereas Rhaponticum is lyghte not heauy, not harde with drynes, but soft with moystnes, not bytter but tart, not compacte, but slender. And therefore Rhabarbe and Rhapontike, bee not both one, as many haue most foolishly affyrmed, then with good argumentes truely prooued. And the best Rabarbarium commeth from Troglotide which is a hoat country, in the fardest part of Aphrica beyond Ethiopia, wher as ỹ people to auoyde the extreame heate of the Sunne, are constrayned to inhabite in Caues, vnder the earth, and feede on Dragons Flesh, which were called Barbarous people, from whence many precious gummes and spices be brought, as Galen. sayth. lib. vj. Simplicium medicament. and lib. 4. cap. vj. de tuenda sanitate. Ginger is brought sayth hee, from Barbarye, which Plinie in lib. xij. cap xxj. calleth Trogleditis which was Barbarie. And in his xij. booke sayth he, the cause why Cinamon is so scarse and of no plenty: the Ireful Barbarians, do burne the Spice trees. For Myrrhe commeth from thence Galen and Plini, agree this to be that Barbary, calling it Trogloditis Pomponius Mela, a great writer in his first boke of the situation of the world sayth: the vile people, wheras these precious Spyces and rootes do grow, do rather grin like Dogges, than speake like men, and dwel in Holes, and feede on serpentes flesh. And Strabo lib. xv Geographia doth testifye, that all kind of Spice and plantes begin in Arabia Fœlix, and in the South part of Inde, For the Sunne taketh lyke force in them, But in Arabia Fœlix, which is betwene the Seas Arabicum and Persicum, is so Fertile that it hath twoo Haruestes yerely, with all spices, fruites and gummes. wheras the people liue euer in peace, wythout Warre, or walled townes: out of these Places commeth Rhabarbe to Alexandria, and then to Venice, & so is dispersed into many places, to the greate comforte, health, and helpe of mankynd, to purge choller, and humours, superfluous in the body. What is better to comfort the liuer, to clense the blood, and heale the kynges euil called the Jaundice than Rubarbe. How many goodly Electuaries, Pilles, Syrupes, and purgations, haue Rubarbe in them? Very many. Simple by it selfe, by infusion, how marualous doth it purge, clense, skower, and expulse venemous fylthe from the bodye? It asswageth tympanies, tertians, dropsies, reconsyleth slepe in dry collerike persõs: by correcting hote choller in thẽ if it be slysed into cleane Goats whay, Cichory or Bugloss water ʒ. iii. and Spicknard ʒ. i. standyng al the nyght, in the morning, strained & dronk, it will clense the Blod, and expulse choller. Mesue affirmeth, that Rhabarbarum excelleth all other Rhaies, both turkish and Indishe.

Rhabarbe and Rhapontike.

The difference betweene Rubarbe and Rhapontike.

From whence Rhabarbe doth come com

The cruelty of the Barbarians, is to burne the Spice trees and plantes. Pomponius. Mela lib. 3 de situ orbis.

It

An excellente infusion of Leonellus Fauentinus to clense the bloode.

It is a purgation hurtles, very gentle, and here is an infusyon thereof most excellent, to clense the Blood: wrytten by a famous man of this time, called Leonellus Fauentinns. ℞. Rhababarū of the beste ʒ.i. Spicknard. ℈.iii. make an infusion according to art in the waters of Borage, Violets, Sorel or Mallowes, as much as shal suffice: after that it hath stand viii howers, strain it & hard, and put into the same infusion Diacatholicon ʒ.vi. and Electuarie e Succo Rosarum and, Diaphænicon any. ʒ ß. dissolue them in the decoction of Flowers and fruites: and this drynk wil very gently purge all foule humours. If any man haue a Bloody flyxe, to helpe the same, or let hym slyce a peece of of Rhabarbe. and tost it hard, and eate the same, or crome it warme into red wyne, and plauten water, and drinke it. In Italy there is Rhabarbe, which wil purge choller, but not so good. as I haue described aboue: Rubarbe must be preserued in Ware or Honny, Flaxe sede, or the seede of Psyllium so it may be kept. iii. or iiii. yeres. Rhapontike, groweth by a famous citty called Pontus. Marcellinus. lib. xij. sayth, it groweth by the riuer Tanais, which seperateth Europe from Asia. Of thys sayth Paulus Ægineta, it is earthly and colde, but the subtilier partes therof, are moist and warme, and but meanly tarte of tast. Therfore it wil helpe fractures, conuultions, and shortnes of wynde, and strypes: it hath vertue to direct, to draw foorth, and clense spitting of blood and paynes in the guttes.

Paulus Aegineta. lib. 7. litera. R

Marcellus.

What say you of Agarike?

Of Agarike

Hilarius.

Dioscо, lib 3. Cap. j.

How to know good Agarike

IF Agarike there is the Male, which is compacted roūd, and the female beyng broken, hath directed straycht baines, and is flat: these Agarikes. be whyte, light compact, thycke togeather, and sweete in the beginning of theire tast, and then very bitter in thend of the same, with biting on the tounge. It groweth vppon the region of Sarmasia, in a place called Agaria, whereas is a famous riuer and Citty so named. Some saye, that the Roote therof doth growe, and bryng forth this Agarike: other that it groweth like Mushroms, on Ceder trees. There groweth Agarike in Italy sayth Plinie. lib xvi. Cap vij. But because it is a stranger vnto vs, it shal suffice vs to know the vertue therof. It is hot of nature, and is good agaynst a tourmēt of ỳ guttes, rauneſſe in the stomacke, aboundance of Flegme, ruptures, dropsies, brewses or falles, stoppyng of vrine, strangury, swelling of ỳ matrix, falling euil, poyson, or stinging of any venemous worm. One vnce steeped in sweet wine or sweet water, & strongly strayned, & dronk before the cōming of a Feuer quotidian putteth it cleane away. Dronke with vineger & Suger soddē and then wel strayned, it helpeth Sciatica, and the fallynge euill. This Agaricke is no lesse commended then muche vsed in sundry electuaries and pilles. &c. to the great helpe of Mankynd Galen. lib. vj. Simplicium medicament. doth remēber Agarike among some kynd of Rootes, and that groweth on the

Agaricke clēclenseth the guttes, & expulseth rawe humours.

Agarike helpeth ỳ falling sickнes.

the trunke of a tree. Fyrst in tast sweete then bitter, and so forth hee declareth the vertue thereof, to purge the guttes, heale the Jaundice, and open the galle, and discharge all viscous humours: who dyd euer commend any purging thyng, more than Mesue dooth Agarike: sayth he, it cleanseth fleume and choller, and al the instruments of the sences, & the braynes, backe bone, muskles, sinewes, lunges, breast, Liuer, Gall, and splene. Democrites sayth, it is a familiar medicine to all the Pryncipall partes of the Body, and from theym, to all the other parts: It purgeth and doth not weaken or decay, any natural or animall vertue, wyth many goodly commẽdacions which he giueth to the same Agarike. And thus I end, giuyng you warning, that it be very fynely beaten, and close kept, and Spicknard put to it in medicine.

Agarike purgeth all the organes of the senses.

Marcellus.

What say you of Cassia, and Lignum Aloes, and Cassiafistula.

Hilarius.

GALEN maketh mencion of Cassia in lib viij. Simplici. medica. sayinge it is dry, and hoate in the thyrd degree, and doth warme the body, and strengthen the instrumẽts thereof. This Cassia is of *Aromatike* nature, and is good for Women to drynk whose termes be suppressed: a goodly medicine of Cinamon beaten in pouder, with Lignum Cassię, is thus made. R. Cinamon ℔.i. Cassia ʒ.ii. water of Roses ℔.i iiii. cleane whyte wyne ℔.i. bi. put these altogether in a close potte couered: put this pot into a warme vessell of leuke warme Water, during. xviii. howers, making a smal fyre vnder the receiuing vessel, wherein it is put. Then take it from the same vessel, and powre it into the pan of a common stillitorye, then set on the helmit close, and with a soft fyre distil ỹ same, kepe it in a clole glasse, to giue it to them, which haue any cold syckenes, as dropsie, quotidian, aboundance of fleume, stoppyng of the Galle, raynes, or conduite of bryne, Collike, weakenes of the heart, dulnesse of spyrite, moyste reume, or lack of memory And if you cause thys water to be distilled twoo times, it is the better and of the greater strength. As for Lignum Aloes, which is hoat and dry in the second degree, it is called Agallochum, and groweth in Inde, and Arabia Fœlix, and is spotted, Aromatike, smelling sweete, and is a lytle bytter to tast vpon, wyth byndyng nature, and it hath a pleasaunte verdure in the mouth. Serapius sayth the best is black, with varyable or diuers colours, ful of sappe, heauy, and hard, grosse, and compacted together, with sharpe sweete smel. Thys wood commeth from a city called Mondel in Inde, and not from Paradyse as some do foolyshly fansy, it doth, and so is conueyed by the Ryuer Ganges. Wel to the vertue thereof. It wyl comforte the brayne, when it is dystempered wyth colde, through the sweete sauour. The decoction thereof, made wyth Barly, Madder and Sugar healeth Ulcers, and Wounded in the Guttes: and it is good agaynst bloudy fluxes, and hardnes of the Spleene, and is a very holsome Perfume. Cassia solutiua, or Fistula, called the Coddes of Egypt, can not be spared among old Persones, and tender People: for the gentle purgyng of the Bodye, clensyng of the Raynes, prouokyng Vryne. Eyther drawen wyth Endyue

Cassia Aromatike.

A precious water made with Cinamon, Cassia, rose water, & white wyne, for all cold causes.

Lignum Aloes called Agallocum which is Aromatike.

Dioscorides Lib. 1 cap 20.

Lignum Aloes commeth not from Paradise, but frõ Mondell a city of Inde

Cassiafistula commeth frõ Egypt.

Cassiafistula haue many vertues to help mankynd it can not bee forboyne.

water, Goates whaie, or eaten new from the Cane, tempered with Barly water, or Mozell Water. It maketh a good Gargarisme for Angina or paynes in the throate, or Apostumacions in the Guttes. It is good in washyng or clensyng Clisters, and it wyl make soft a hard Apostumacyon applyed thereunto, in any part of the body. It is good for the Goute to bee made in plaster, for the same purpose. Who so hath great paines in the Guts, it is not good to giue Cassia simply alone, but to mingle it with the pouder of Hiera Picra, and for the raynes, to put it in the Syrupe of Liquorice. It is hoat and moyst in the fyrst degree, the heauier, the Ramisher in sauour: the shynyng blacke of colour, is best Cassiafistula, & frō Memphis, and Alexandria in Egypt commeth Cassia.

Note.

Marcellus.

There is a verye sweete Mosse, which groweth vpon trees, men say it is good in medicine, what say you to the matter?

Hilarius.

Dioscor lib. 1. Capi. xx.

THE best Mosse that groweth vpon any Tree, is of the Ceder: the second of the Popular Tree, the thyrd of the Oke. The white is good, but the blackishe is to be refused. It is sweete and odoriferous, and hath vertue to stop: the decoctyon thereof is good to wash, and help the paines of ỳ mouth, & of the matrix. Thys whyte Mosse is good in Bathes, and in comfortable Oyntments, for the weakenes of a cold feeble stomack. Plinie doe commend it, Lib. xij. cap. xxiij. calling it Sphagnos or Brion: saying. it groweth in the Prouince of Cyrenaica, which is a coūtrey in Afrike. &c. In other places, as Cyprus, Egypt, and Phœnicia: there groweth very good in Fraunce and Italy, both sweete, and wyl molify Galen lib. vj. Simplici medica. sayth, Brion, which is Splanchnon, is found among Okes, Pine trees, and white Populors: it hath power to stop or bynd, but very weakly: it is neyther hoate nor cold, but meane. It hath vertue to direct and molify, chyefly that, which commeth from the Ceder trees. Auicen sayth, it wyl make a wholsom Cordial medicine. And also the sauour is good for the brain, and spirites or sences, that be weake. Of sweete Muske Serapius sayth, it commeth frō a beast, mutch like a Goate, that feedeth vpon Aromatike trees, Ruellius. and Simeon Sethi affirme that Muske commeth from a city in the East, called Chorasa, the Barbarians cal it Pat, and of colour is somwhat yellow An other Musk commeth from Inde, not comparable in vertue to the fyrst: & this is blacke of colour, and this commeth from a beast like a Goat armed with one horn in his forehead. And this commeth from betwene their legges: and also is gathered in the cleare ayre, and bryght shining dayes from the dunge, and closely preserued in Vessels: and sold to the marchants, both this pure dūge and sweete coddes, and of it commeth to our vses, it is adulterated by the Apothicaries, by manye craftye wayes, as with Mouse dounge, Charcoles. &c. But of the own nature it is most pleasaunt and comfortable to the weake spirites of mankynd, against frensy, collike, Cardiace, Palsie, lack of memory, heauines of minde, dropsy, lack of digestion &c. And what is pleasaunter in sweete water, to wash hands, head, & beard, and good in apparel and

To comforte the spirites.

Sweete Muske.

The beast which giueth Muske, is like a Goate that which bringeth Siuette, is lyke a Catte.

The blaunching of Musse.

Swette thinges bee good

and may be rightly vsed, it is Gods gift, to adorne and garnysh Mankynd with, although, lyght wanton, lecherous people, do make it an Instrument of prouocacion to naughtines withal. Yet the good vse thereof among the honest, is no more to be forborne, than the abuse is worthy to be suffered among the harlots. Precious Balmes and perfumes are not forbydden by Gods word: although Judas dyd murmure, when the Woman dyd anoint Jesus, with the precious Nardus. And Isaac beyng blinde, dyd reioyce in the precious smel, which came from the Garments of his Sonne Jacob, when he blessed him, saying: behold the smell of my Sonne, is as the smell of a field, whych the Lord hath blessed. And thus I end of Muske, which is hoat in the second, and dry in the thyrd degree. Some affirme, that if Musk do swim in water, then it is good, but the contrary yf it synketh, As for Sibetto, called Siuet, is a beast like a Cat, which Beast commeth from Syria, and sometime there be seene of them here in England brought from Venice: and betwene the testiles of this beast, commeth the sweete Siuet, whych is hoat and moist of nature: if Women be stopped in the matrix, put some of this anoynted vpon a pessarie, into the mouth of the matrix, and she shall be sone helped. Matthiolus, reporteth more therof. Lib. 1. Dioscorid Cap. xx. which I wil not name, it is so venerous. As for Amber Grice, or Amber Cane, which is most sweete myngled with other sweete thynges: some say it commeth from the rockes of the Sea. Other say it springeth out of the earth, in Arabia Fœlix, or Inde, vpon thynges that smell like Moscumes, and so is pressed forth & preserued. Some say it is gotten by a Fish called Azelum, which feedeth vpon Amber Grece, and dyeth, which is taken by cunnyng Fishers and the belly opened, and this precious Amber found in hym. Other do say, it is found swimming vpon a fountain of pure water: and that is thought to be the best inuencion. For Symeon Sethi, sayth Amper called Amber, is increasyng, or found in diuers places. and is gathered in Fountaines swimming aboue, as Bitumen is, or Brimstone, whereof be three kyndes, the fyrst is Fuluus, which mixt of greene and red. yeldeth a darke yellow, whych is brought from Inde. An other kinde commeth from Arabia Fœlix, whych is darke, white, or gray in colour: the thyrd is blackish, and is the worst, a very counterfeit Amber. This Amber Grice is of nature hoat and dry, the sauour thereof doth greatly comfort the heart and brain of old People, or weake women: and to comfort the heart, it is equal to any other odoriferous treasure. It is put into many precious Cordials, and wholsome medicines: and nothing is more better to quicken the spyrytes and comfort memory, thã this rych Amber Grece. Gloues sweetely perfumed with Muske, Siuet, Amber Grece, and Oyle de Ben, be very wholsome for Cytizens, that dwell in close, corrupted foule ayre. In deede, it can not bee forborne of noble Princes, Lords, Ladyes, and gentle folkes: God gyue them grace to know it to bee hys gyft, to pleasure the Sense of smellyng, and to defend euyll ayres, and not to moue, or to be an instrument of Ungodlynes. Whereas to vse it well, it is of no small profyte to Nature, as example. R. Storax Calamite ʒ. iii. Beniamyn ʒ. ß. Cloues ʒ. ß. Lignum Aloes, ʒ. ii. Galia Muschata. ʒ. iii. ß. Amber

for mankynd but yet abused of youthfull wantons are not to bee suffered in them.

Marc. xiiii.

Gene. xxvi.

Muske.

Of the Siuet Cat.

Diuers opinions, how Amber Grice is found.

Amber Grice of three kinds

Sweete Gloues, their profite.

A good Pomamber against coldnesse of the brayne very pleasaunt.

Grice.ʒ.i.ß.Muske.G.vi.Sinet.G.xii.a lytle sweete Terebinthin, all put into a warme morter, & strongly beaten with the pestell, pouring in sweete Rose, or Damaske water. Of this is made a precious Pomãber. to be worne against foule stinkyng aire: weaknes of the brayne, comming of cold. And thus I do end of this most sweete Odors.

Marcellus.

What say you of the wood, called Ebenus.

Hilarius

Dioscor. lib. i. Capit. iii. Ebenus of .iii. kindes.

THe best Ebenus commeth from Ethiopia, and is very black, it hath no vaines in it, but abyting sharp taste: yet very sweete in perfume, and is gummie, this is the best. There is an other darke yellow, and spotted, and this hath a bynding vertue & is good to be put in Colliries, for sore eyen. And Galen lib. v. simplj medicam. Ebenus is one of the woods, beaten into pouder and resolued in water, to be drunk to help the Stone: and of Nature is hoat and scouryng. And for that cause, it is good to be put in Medicines, for to helpe the syght of the eye, or blysters in them. If Ebenus bee fyne ground. vppon a whette stone, and wyth a Knyfe taken from it. G. iiii. and the pouder of Lapis Calaminaris. G. ii. Seef. G. iii. Chamfer. G. i. ß. the whyte of an Egge, Rose water, and Womans Milke ana. ʒ. ß. myngled together: this wyl most effectually, clense & scoure sore darkened Eyes. Theophrastus lib. 4 cap. vi. de historia plantarum. saith, in Inde the wood is common, and of two kynds: the one is precious, and doth serue, and the other is of no estimacion. The Prynces of Inde doe esteeme Ebenus, rycher than gold, for of that Wood, they do not onely make theyr drynkyng Vessels, agaynst poyson, but also the Scepters of regall honour. And fynally theyr Idols of their Gods, whome they do worshyp. Thus the Indyans do both vse and abuse thys rych Wood, whych wyll syncke lyke Yrettall, and not swim. When Pompey dyd tryumph ouer Mythridates the Kyng of Pontus, one of the greatest glorys the Romaynes had, was in this straunge wood, whereuppon the Scepters and vessells were made of it. This Ebenus also though it be good, yet it hath ben an instrumẽt of Idolatrie, in many places of England: whereof beades haue bene made, not onely of Ebenus, but of Corrall, Jette, Amber, Jasper, Granites, Glasse, Amyll, Gold and Syluer: whych creatures were ordayned for mannes bodily health, and not for theyr Contemplacyon, and Spirituall prayers. I dyd know wythin these few yeres, a false Witch, called. M. Line, in a town of Suffolke, called Perham, which with a payre of Ebene Beades, and certain charmes, had no small resort of foolysh women, when their Chyldren were syck. To thys lame Wytch they resorted, to haue the Fairie charmed, and the Spyryte coniured away: through the prayers of the Ebene beades, whych she sayd, came from the holy land, and were sanctifyed at Rome. Through whom many goodly cures had ben don, but my chaunce was to burn ỳ sayd beads. Oh! That dãnable witches be suffred to liue vnpunished & so many blessed mẽ burned: witches be more hurtful in this realm than ether quarten, Pox, or pestilence. I knew in a towne called Kelshall, in Suf-

folke

A goodly medicine for sore eyes, of Ebenus.

Sceptres for Kynges, and the Heathen Idolles of Ebenus.

When Ebenus came fyrst to Rome.

Beades of Ebenus.

Two Witches in Suffolke Charmed with Ebeni Beades.

folk a Witch, whose name was M. Didge, who with certain Aue Maries vpon her Ebene Beades, and a ware Candle, vsed this charme folowyng for S. Anthonies fyre, hauing the sicke body before her, holding vp her Hande saying: there came two Angels out of the North east, one brought fyre the the other brought frost, out fyre, and in frost. In nomine patris. &c. I coulde reherse an. C. of such knackes, of these holy gossips, the fyre take them all, for they be Gods enemyes.

A Witches blessyng for sayncte Anthonies fyre.

Marcellus.

This is wood of great vertue, and excellent goodnes, few woods may be compared to it, for the estimacion: yet for the French disease, there is an other rich wood, called Guaicum, I pray you speak somthing of that wood.

Hilarius

GVAICVM, or Guaiacanum called Lignum sanctum, or the holye wod, or wood of Life, is of a kynd of Ebenus. And as almightye God prepared a tree of great vertue, for Moises to cast into the water called Mara or bytternes. throughe which tree, the same water was made pleasaunt and sweete, for the chyldren of Israell to drynke vpon in the wylderneſſe, when as they murmured against God and hys holy Prophet Moyses: Euen so it hath also pleased him to ordayne & prepare this Guaicum: whereby through his myniſters knowledge, it myght be a meane to make whole, and clense the fylthy stinkyng corrupted bodyes of his dysobedient chyldren, which haue lyued in most shameleſſe lust and lechery, among paynted stinking harlots, for whych offence, they be smitten with the plague, called the French Pockes, an euyl most noysome to nature, cosin Iarman to thincurable Leprosye. This Guaicum I say wyl not onely make a Pocky body cleane, but also is good to clense any of the princypall humours, when they do abound, whereby there shalbe a temperance most perfect in nature, it wyl clense the raynes, itch, and skabbes. And nothing may be compared to the same, to rebate, asswage, clense, consume, and wast without hurt, great fatty grose bellyes of idle men and women, which be pufft vp with eating, drynking, sleapyng and syttyng in the house al ỳ day without labour, the tables, cardes, and Pot, excepted which causeth them but lytle to sweat, and leſſe to thynke: for such folkes Guaicum drynke is incomparable aboue all others for the goodnes, to renew them & make them appeare young againe: for the Goute, Dropsy, Sciatica, Canker, and Timpany. This is equall to the best medicines, therefore it may be called Lignum vitæ, the wod of lyfe, because it hath vertue to renew. This worthy wod of lyfe, God hath giuen to the christian people, in these last Dayes, which wod was vnknowen to the old Fathers as Dioscorides, Theophrastus, Plinius, Galē, Paulus, Ætius, &c. And ỳ is no maruel, for ỳ part of ỳ world wheras this wod doth grow, was neuer found forth by the famous Cosmographer Ptolomæus, Pomponius, & others, but of late yeres only. This wod was found by the saylers into the new Ilandes, called Corterali, Hispaniola, distāt somwhat from the Equinoctiall line, & in many other parts there about, wheras the people of those lands be often infected with soores, biles, and a sickneſſe

Of the Wood of life called Guaicum.

Exod. xv. d

The Pox of Fraunce.

Antonij Musæ exam. omnium, Simpl. de lignis.

neſſe muſch like the Pox,or els the very ſame in deede:and to recouer the ſame,the ſicke folkes do eat of the fruict of Guaicum,and are made whole: this fruict wyl ſone rotte,but whereas the fruicts can not be gotten,then they do make a decoction of the wood or barkes of the ſame which bringeth the lyke health.The Spaniard perceiuing the ſame,did bryng this wood in to Europe,not onely for to heale theyr owne Pox,but alſo for Fraunce, Italy,Germany,and for England,in whome this wood taketh no ſmall effect for the foreſayed Pox:of this Guaicum are thre kyndes,the fyrſt is black within,in the heart,pale coloured,hauing in it ruſſet lynes, very hard and heauy.The other black within but white without,hauing very ſmall lynes, is hard and heauy,and not ſo great as the firſt.The third is el right whyte within and without,hauing very ſmall lynes,and the hart of this Wood is the beſt,the arme of the tree is better then the body:the bowes nearer the fruicts hath more vertue,warmnes and drynes,than the lower partes of the tree,which are groſer & more earthly of nature,and the more vnctuous the wood is,it is the better,the ſappe is not ſo good as the heart,neither the barke as good as the ſappe.But the white wood is ſweete and moſt excellent in operacion,and is Lignum ſanctum,the holy wood. The barke of the ſtraight young braunches or bowghes,being heauy and white,moyſte and without lines hard compacted,be the beſt barkes for the Pox. All theſe woddes called Guaiaci,haue a roſin or matter like Beniamen or pleaſaunte Gum within the wood,whych is the ſpyrite or lyuely helpyng humore in decoction for the Pox.For the extreame paynes in the ioyntes ſinewes,vaines muſkels,head handes,feete,and the bones,no ſyckneſſe is ſo ſharpe and cruell to nature,but this precious wood wyl both quickly and gently aſſwage the payne and griefe of the ſame,if it bee miniſtred accordynly in decoction,namely to them whom either the Pox hath tormented, or elſe the Goute hath torne or racked wyth intolerable griefe:Among all mortall infirmites,which is more grieuous to nature,than the Straungurie,ſpyſſyng of bloud,or ſtoppyng of the ſtone:what diſeaſes againe be more Enemyes to mans nature,than ſwelling of the Belly,Hydrops,putrifaction of Humours,opilacions,hedach,Vertigo,Feuers,through heat aboue nature,with fyer in the arteries,ſhingles and horrible apoſtimacions,with a great nũber of plagues more,which be all mortal enemyes to the nature of man,as a contynual fyer to burne hym,or els a merciles drowning water of vtter deſtruction,or fynally a deadly earthly Graue to ſwallow him vp, through the corrupcion & infection of aire:Thus the.4.eliments or humors in mankynd,through euil mixture,or one aboũding aboue the other, grow to corrupcion.The caſes of deadly peril,a an hard matter to bring the body again into good order or perfit healthful eſtate.As I haue ſayd.what is better thã Guaicum,called wood of life, which wood was not a litle abuſed of a great number of ignorant,murdering,ſhameles practicioners,which haue taken vpon them to bynd ſick men to a law,obſeruing the new diet, onely wyth Guaicum, wherin they haue ſodden in the decoctiou therof many drugges Colocinthis,Briony, Turbith.Diacridium.with an hundreth ſondry more ſuch like ſimples ſodden or brewed with this Guaicum:this,they do vſe one geene

tal

Thre kyndes of Guaiacum but the white, is moſt excellent.

The conſideracion of Guaicum.

Mannes nature is ſubiect to many euils for want of perfit temperament.

What euill haue happened through the abuſing of Guaicum among the impertikes.

rall rule, to euery complexion a like, to euery age the same, and to the Man: Woman, and Chyld al a lyke, neither obseruyng the quantity, place, or time: but as I haue sayd, one onely generall rule. Close Chamber like a Bee in a bore, bread by the ounce, a few Raysons, and sometimes a chickens Legge, with many such folish Ceremonies, much cost and small good cheare, if one be healed by chaunce medly, a hundred are slayn through this diat wilfully, or els very foolishly: and who so goeth to horde to such an hoost, first let him make his last wyl and testament, perhaps he shall not die the soner, but lyue the wiselyer. For this diat with close ayre, Raysons and Chickens legges, is very good victail for mareners that purpose to sayle throughe the daungerous rockes, and sandes of the fearfull passage betwene Scylla, and Charibdes. Experience hath learned vs sufficientlye, by the deathes of manye which haue ben slayne in this purgatory of this folysh Phisycke, ignorantly vsed, or this Guaicum rather folishly abused for money: as many goodlye creatures, by, and through money, are chaunged, transformed and altered out of kynd, for money is a marueilous instrument, a chaunger, a transformer, or a bewytcher of mankynd, and an instrument whereupon the couetous man doth continually play his infernall discordes vpon: as example, if lawers take wrong matters in hand: if diuines despyse many spyrituall promocions, and be careless of theyr heauenly duety, if Phisicions prolong or abuse theyr times, with their miserable syck pacients, then what is ỹ cause? nothynge but coueteous Heartes, and Moneye. Couetousnesse is the Mother of all the euilles of this worlde, and golde and Siluer are euer deceiptfull, and beguile mankynd. Gold is the prynce of euil, ỹ shortner of tyme, the waster and consumer of vertue, loue, liberality, rest, peace, and quietnes, the instrument of treason, warre, theft, whoredome, slaughter, bloudshedyng, and perilous periurye: this wretched money should not thus be abused of the Chrystians, seinge one of the Heathen wise men moste vehemently doth count it a vice most hurtfull and intollerable in any common wealth, according to my words aforesayd, crying out agaynste couetousnesse, wyth her instrumentes (Golde and Syluer) whych is abused saying.

Beware of the new diat except you haue two liues, or els a wise minister of the same.

Couetousnesse and Money, do make blind, both Diuines, Lawers, and Phisicions, & trasforme thē from the nature of men into infernall monsters.

Auaritia mater est vniuersæ malitiæ,
Aurum argentum q; semper insidias struunt hominibus.
Nummus dolosus *O aurum malorū princeps, vitā distruens omnia deniq; mi-*
Vtinam non esses amabile nocumentum mortalibus. (nuēs.
Tua enim culpa pugnæ, prædæ, cædes q; vitā humanā perturbāt, &c.

Therfore God graunt of his mercy to thre kynds of callyngs in this worlde ỹ they may walk truly, obediētly, & charitably, in the sight of God and man, whereby that Chryst may be chiefly honored, & his people profited. First, to thē of the church which should be ỹ mouth betwene God & his flock. Secōdly ỹ Magistrate, or Lawer, that ryghteousnesse may be ministred, and Justice, obserued, and no Man wrongfullye oppressed. Thyrdly, for the preseruacion of the Bodye, that the Phisicion marre not, or caste awaye that whych God hath so richlie garnished with the Giftes of Nature whiche is Mankinde. And now let vs retourne againe vnto our Guaicum or Lignum vitæ, called the wood of Life, which through couetousnesse, hath bene

Three most notable and best instruments of the cōmon welth The Deuine the Lawer & the Phisicion.

ben rather made the wod of death, through long new diates, to small effect to many, though fortunate to few. Marcellus my brother, when your fryend Senior F. Neopolitani was smitten with the Pox, his haire fell away, he coulde not sleepe for boneache, his breth did stinck, Lord how pale hee looked, hys muskles consumed, the skabbes appeared, vnder whom were deepe hooles grauen with putrifyed matter. &c. but now his head is couered with hayre his skin cleane, rose coloured in his cheekes, full of strength, he sleepeth very well, and is in health.

Marcellus.

I Am not a litle glad of ỹ good tydings, but gladder, I would be to learne how he was healed, and with what medicine. For a man may throughe chaunce medly fall into this perill: then a present remedy for a Mischefe would do well for that purpose.

Hilarius.

March and Apryll are the best time to help the Pox.

THus he made his drink for him selfe and one of his companions in the month of March and Apryll last past R. The best Guaicum, most heauy, and ful of gum l'i. iiii. let it be wel rased with a rape or turned into fine chips by a Turner. and of the same barks. l'i. ii. Cardius Bened. ctus, whych is called the blessed Thystell, which Thistel Dioscorides calleth Atractylis, with prickes like Carthamus, with many leaues, which Thistell is good agaynste pryckyng of Serpents, and among herbes it excelleth all other agaynst poison. And in decoction with Guaicum, sayth Petrus Andreas Matthiolus, it wyll helpe the French Pox. Therefore of the sayed Thystell, put. l'. ß. Wayden hayre, Cetrach, the flowers of the wyld, and Garden Buglosse, ana. l'. i. sweete Cassia. ʒ. vi. Anisseede. ʒ. i. ß. whyte Sugar l'i. v. cast all these into a Wine vessell, cleane and apt for the same purpose, vpon which poure of the cleanest & best whyte Wine, that may be got, very hoat, in quantity. l'i. one hundreth and fyfty, couer this Vessell close three dayes, then strayne it throughe an hayre cloth. then kepe this in a cleane vessell, for the Pacient at Dinner and Supper, but not to drynke in the Morning, and euening, like vnto Syrupus, or medycines as many men rashly haue vsed. Besides the drynking of thys Guaicum at Dynner, and Supper, the Pacient may betweene the tymes, as one hower before and after Dynner and Supper drynke. ʒ. iiii. or. v. Also your foresaied receiptes may be put in cleane new whyte or claret wyne, being fyned, and made in the prescribed maner. Furthermore, the pacīēt which hath the Pox, Dropsye, or Goute, may drinke amonge, this worthy medycine folowing, the dosse or quantity is. ʒ. ii. or more according to the age and complexion of the pacient. Take maiden haire, clean fresh Hops, Fumitorye Sitrach, called Asplenū, Scene of Alexāder, of ech. M. iii. gret Cētauri roots Liquorice, Polipodie, wyld & Garden Buglosse, ana. ʒ. iiii. Anisseedes. Nigella, Romana, ỹ flowers of Bugloss, ỹ three Sāders, Cinamō, an. ʒ. v. put this into. l'i. xviii. of the Guaicum water, sodden after the description in the Compoundes folowyng, then put it in a close Vessell, and stoppe the mouth. and whan that is done, set the sayed Vessell in an other seethyng kettell vppon the Fyer, so let it stande and seeth for. xx. Houres hayre and softlye, then

Dioscorides lib. 3. cap. xci. Atractylis is Cardius Benedictus.

A good way to seeth Guaicum for the Pox.

strayne

strayne it, and kepe it in a cleane close vessel, for the vse aforesayd. But if the patyent be very ful of humours, then do thus. Take Sene of Alexander ℔i. ii, Succorosarum solitiue ℔i.vi. white Sugar.℔i.vii. Rhabarbe elected ʒ,iii. finely cut, Turbit of the best.ʒ.i. put these in a cleane stone potte with a narrowe mouth, poure into this pot.℔i.xviii. of the common Guaicum water, made in manner in the compounds folowyng, stop your pots mouth, seeth it in the foresayd maner vpon a soft fyer.xviii. howers vntyll it come to a thin Sirupe, called a Julep, then strayne it and kepe this precious pourging drynke for mornyngs, the Dose.ʒ.i.ß. accordyng to the age, complexion and strength the patient must also eate bread ʒ.iii. well baken like Bisquet, and the flesshe of Chicken, Hen, Capon, Patrige Fesant, small Birds of the wod rosted, excell sodden meates: and if the common drynk be to strong, then the patyent may poure thereunto some small cleane wyne or beere: let the patient be mery, kept in a faire cleane chamber with sweete perfumes, not mutch feeding but lytle and fyne, with cleane warme apparell, and a fyer of charcoles. eschewyng venery, wynes, fruicts, fish, grose flesh, potage, and white meates. Care, anger, cold, mutch heat: and thus I doe end of this precious wodde Guaicum called Lignum sanctum.

The most excellent & best maner to seeth Guaicū in compositions with other simples to clense the Pox from all the members of the body.

The diat for the pox, shortly declared.

Marcellus.

I pray you what is the nature of Mumia, Bytumen, Sperma Cæti, Tartar, Terra sigillata, and Dragons bloud?

Hilarius

MVMIA, is of nature hoat and dry, in the secōd degree, and commeth from Arabia, & is made of dead bodyes, of some of the noble people: because the sayed dead are rychly embalmed wyth precyous Dyntmentes and spyces, chyefly Myrhe, Saffron, and Aloes. This Mumia hath vertue to staunch bloud, to incarnate wounds, to help the Fallynge sycknes, beaten into pouder and squirted wyth a syringe with Mariarum water into the Nostrylles. Tempered with Cassiafistula and drunke with Plantен water, it is very good against bruses: but Dragons bloud, Plantен water, Madder, Terra sigillata, and Mumia, tempered together and drunke, helpeth great bruses, bloudy flixes, and staunceth wounds applyed to the place. Bitumen, which is a fome of the ded sea, and turneth into a matter like Rosen, and is hoat in the second degree. it hath Vertue lyke vnto Mumia, to staunch bloud, to heale wounds &c. The Greekes call it Asphaltos, Sperma Cæti, the seede of the generacion of the mōstrous whale, hath vertue being drunk with Plantен water, Ale, Malmsey or other old cleane wine, to help bruses of great falles. Tartare, is made of wine lyes, hoate and dry in the third degree, it is most excellent against itch & skabs, put in ointments whan it is beaten into pouder, it clenseth the Morfew. A litle Sene, Mastick & Tartare, sodden in a Chickens broth, is beneficiall to purge ỹ belly. Terra sigillata, is stipticke & will cleaue to the tongue, of nature hoat and dry, and is put to oyntmentes to stop bloudy flixes, new bloudy woundes, and hath vertue of Bitumen. Sanguis draconis, is colde & dry in the third degree stipticke

Mumia, or Mumme.

Against running of bloud or bruses.

Bitumen of the dead Sea

Sperma cæti of the whales

Tartar, made of wine lees.

Terra sigillata stoppeth bloud.

stypticke of nature, therefore it stauncheth bloud, and bloudy flixes: If it be stamped wyth Mouseare and Planten, it wyll stop Bloud, applyed to the place. But myngle the pouder of Dragons bloud wyth Terebyntine. and Frankensence, it is good for to stop a new bloudy wound.

Marcellus.

What Vertue is in Masticke, Rosen, Frankensence, Beniamen, Storax, and Mirrh called Stacte. &c.

Hilarius.

Masticke is a fyne sweete droppyng Gum, from a tree of great vertue, and is hoate and drye in the seconde degree, and is good for the Reume to champe vpon, & pleasaunt agaynst corrupted ayre in perfume. The pylles be of synguler Vertue for the sayd Reumes. The Oile wil mutch comfort the Synewes, and also wyl incarnate the flesh. Masticke with Stauesager prouoketh humous, by retraction from the brayn to the mouth, champed vppon. Myrrh a noble gum of most singular vertue, which is hoat and dry in the second degree, and preserueth agaynst rotte and putrifactyon, and is of great vertue in fresh wounds to defend them from apostimacions or rotten matter: to heale a wound quickly, nothyng is better: in balmes artificiall, Myrrhe is pryncipall. In wound waters, Myrrhe taketh the chief force. In the pylles of Ruffius agaynst the pestilence, Myrrhe, Aloes, and Saffron, do resyst the poyson of the same pestilence: for wounds in the head, Myrrhe is of great vertue. The bodyes of Prynces are long preserued after death through Myrrhe. The sauour of the same and dayly drynkyng in Betony water, 3.vi. of Myrrhe, defendeth from the fallyng Euyll, and sorenes of the lunges. Thus, called Frankensence is hoat in the seconde and dry in the fyrst degree, and droppeth from trees of the same name, which we do cal Furre trees, it hath vertue to nourish and engender flesh in the tender bodyes of men or women: and this Frankensence is vsed in manye salues, to help mankinde, and is more profitable for mankynde in medicyne then commendable to be wasted in Churches, in parfuming the insensible Images. Frankensence is good to parfume the Clothes, for them whych haue the bloudy flixe, and thus I ende of Thus called Frankensence. Olibanum is not mutch vnlike in nature to thys Frankensence. but the very same in Greeke. Gum Sarcocoll, is dry in the fyrst degree and hoat in the second, it is a sanatyue gum to incarnat wounds and sores, and nothyng excelleth thys gum to put into Collyries for sore eyen, as whan the sight is couered wyth whyte spots. Rosen called Resina pini, hath warming, mundifying, and dissoluing nature. This Rosen no Shyppe, or Chirurgian can want. Rosen dryeth and warmeth colde Melancholy, sores Apostimations and Vlcers: and furthermore it wyll produce Flesshe in the Woundes of stronge persons: there be sundry kyndes of Rosen, as dropping from the Ceder. &c. but all of one nature. Also a little I shall put you in remembraunce of Pix. commonly called Pix Naualis, of nature hoate, and dry, and hath vertue to dissolue, Consume, and is put into Plasters, agaynst colde Dyseases, it is also put into inward Medicines to be drunk against Bruses, as Mummea is.

Mastick, is holsome to champ vpon for the reume.

Myrrhe preserueth the body from putrifaction or rotting.

Thus called Frankensence or Olibanum Dioscor. lib. 1.

Gum Sarcocole.

Resina. Rosen. Dioscor. lib. 1. capi. lxxiiii.

Picea. Pix naualis and Tarre.

There

There is another Pix called Liquida, which is moze heater and thinner, e-uer moist commonly called Tarre, whych hath vertue to spread, consume & wast humours, put into sondry goodly Oyntments agaynst cold soozes, and also to heale Skabs. Tarre is not only holsome foz Mankind to kyl sondry skabbes and soozes, and scales (as take Pix Naualis, Tarre, Litarge of Sylver, Hony, ana, q. ſ. sharpe Vyneger, Planten water, Beane meale, a lyttle Salt, boyle all these in a litle close vessel, sturre it, and shaue the heade, and make a plaster, and lay it on hoat. xxtiii. houres, and then teare it of, and put on another, & so do vntil the skabbe be rooted forth). But also Tarre, grease and French Sope, tempered together, is good to anoynt skabbed Sheepe, horse, &c. wyth a tent of Baken and Tarre, I haue healed the Fistula often times: and thus I do end of Tarre.

A goodly place foz a skaule in the head.

There is a goodly Gumme called Galbanum whych commeth from ỹ Galbanum trees in Syria, which is put in sundry plasters, and is hoat in the begin nyng of the thyrd degree, and dry in the second, and it hath vertue to mollyfy and spread. Dioscorides affyrmeth, that if it be applyed playster wayes oz in subfumigacion, it wyl not only draw forth the stopped Termes, but also a dead aboztiue Childe: The smooke thereof maketh venemous thynges to flee. It preuayleth agaynst poison. And a lytle Galbanum with Myrrhe drūk, clenseth the lunges, cough, and stoppyng of wynd, but yet it is very noisome to sauour vpon: therfoze it helpeth the Mother. To clense Galbanūm, put it in very hoat water, and by litle and lytle the filth thereof will seperate from the cleane part, and so you may vse the sayd cleane part foz your Plasters, as it is wzitten in the booke of Compounds. You may also resolue Galbanum all the Night in Vineger, and in the mozning boyle it: and in water oz vineger you may do so to other Gummes. and some other hard Gummes you may break into pouder in a mozter, oz vpon a stone.

Galbanum is a holsome gumme.

Galbanum wyl draw forth dead chyldren.

To clense Galbanum.

Euphorbium commeth from a tree that doth grow in Lybica. The beste Euphorbium is that is cleane, like vnto Glasse, and is sharp of taste: this is hoat and dry in the fourth degree, and is very good foz woūds in the head, dzopped into them. It is holsome in Linaments and Cerots. If it bee sodden with Oyle of Elder, Beane flower and earth wozmes, it is good agaynste the pricking of the sinewes. In plasters and Cerots, foz the French Pox it is profitable. Plinius affirmeth, that Iuba the king of Libye did fyrst finde this Euphorbium vpon the mountaine Atlante beyond Hercules Pillers, and called it by the name of his Phisicion which healed Augustus the Emperour: it will not onely draw forth raw fleume, but water abounding, as in Dzopsy: but it is euyl foz a dry cholorike body to dzynke in medicine, it is so hoate of nature.

Euphorbium of Lybica.

To help the pzycking of synewes.

Ammoniacum commeth from Africke, by the place where as the Oracle of the false God Ammon was. This gumme Ammouiacum is mutch like Frankensence, bitter in tast, and smelleth like to Castorium, it mollifieth, warmeth and draweth. It is good in any Linaments. And being dzunke, doeth lose the belly, and casteth forth the dead childe, helpeth the Spleene, and Sciatica, one dragme being dzunke. And thus I do end of *Ammoniak*, which is hoat in the third, and dry in the first degree.

Ammoniacum of Ammon.

Assafœtida doth stinke yet it helpeth the Mother e Lunges.

Assafœtida stinketh, and is good for Women to smell vppon, that be commonly sicke of the Mother, it is hoat and dry in the seconde degree, some do affirme in the third. It hath vertue to dry, to consume, to clense, & spread. Fiue pilles of Assa, taken in a reare Egge at midnight, do cleanse the lunges, and helpeth a short wynded Man or Woman. Oyle of Spike, Mastike, Safron, Wax, Castor, and Assafœtida, stamped and sodden together, make an excellent medicine for the gout, or paynes in the ioyntes: and thus I doe ende of stinking Assafœtida.

Sagapen, or Serapinum, a goodly gum

Sagapenum or Serapinum is a precious gum, running from a small tree, lyke a Kir or a Reede, and is hoat in operation. The best of this gum is ỹ which shyneth through, and in couler is darke, yellow without, and whyte wythin. Thys Gum is good in many Lenetiues, and also inward medicines: as to pourge Fleume, to help the Falling sickness, to cleanse the Lunges, help ỹ swelling or hardnesse of the Splene and is good agaynst the resolution of the Synewes, conuulsyon, ruptures, fyrst steeped in Wyne or Hydromell, then dronke.

Dioscorides lib. 3. cap. 79 Sagapen wyll help ỹ lunges, and splene.

Bdelium helpeth hard Apostumations

Bdellium is a goodly tree, growing in Arabie, from which tree distilleth a worthy gum like Ware, but cleare shyning, vnctuous, and sweet of sauour, and bitter in taste: it is hoat in the second degree, and is put in many oyntmentes: it resolueth, consumeth, and disperseth apostumations ỹ be hard.

Boras.

Boras, is hoat and dry of Completion, whose vertue is to knit, and glewe woundes together by attraction.

Glaucium, is good for to clense sore eyen.

Glaucium or Memitha, so called, is colde and dry in the first degree, and commeth from Syria: Plinie affirmeth this to be the lesser Celidon, and that cānot be, for Celidon is hoat, and Glaucium is colde: therefore they cannot be one, seeing they be of two sundry natures: yet in couller it is yellowe, and marueylous good for to make Spek, for to clense and helpe sore eyen. Dioscorides doth commend this Juyce. lib. 3. cap. lxxxiij

Gum Arabike will stoppe a bloudy woũd

Gum Arabyke, is hoat and moyst, of vertue will staunch bloud in woundes, because it is slimy, it wyll also mollify and make thinges soft ỹ be hardened, as apostimations, and it will stop the bloudy Flixe, resolued in Red Wyne, and dronke.

Glew,

Glew, called Glutinum, of nature is hoat & dry, and is made of the skyns of beastes: the best is made of the strongest beastes, as Bulles, Oxen, red Deare, &c. that whych is whytest, and cleare shynyng, is very good, Resolued in Vinegar all the night, the same will clense Leprous fylth, and Warmols from the skyn, the place being warme anoynted therewyth. And sodden in warme Water, wyth Oyle of water Lyllyes or Flare, it will helpe skalding & burning of the body, to anoynt the sore place therwith. Woũdes be helped wyth Glewe resolued in Vinegar, and tempered wyth Hony, and put into the sayd woundes, or els wyth Vinegar resolued for the same purpose. And thus I doe conclude of Glewe, made of Skinnes, whych cannot bee forborne, neyther of Bowyers, or Fletchers. There is a Glewe made of Fyshes, as of the Bellyes of Whales or other great Fyshes, which will quickely bee resolued. And this is very good for to make Emplastrum for the head, or clense ỹ fylth or red spots from the face. There is another

Dioscorides. lib. 3. cap. 85.

Glew hath many vertues

3. Glewes, of Beastes skins, of Fish, and of Corne.

another Glew made of Corne, as Wheat. &c. good for Paste for Stacyoners, which Galen doth remember libro. vij. simplic. medic.

Gum Opoponax, is a gum commyng from an herbe called Panax, and of nature is hot and dry, and of vertue resoluyng, warmyng, & making softe thinges which be grosse, cold and hard, and is used in sundry Oyles and Linaments. Opoponax, doth resolue.

Tragacantha commeth from Mons Gargano, and is a noble Gumme of greate vertue, and helpeth wounds inwardly in Linaments: and resolued in Fenel water, and dronke, helpeth the raynes of the backe and bladder. And with cleane clarifyed Hony. 3. i. doth clense the lunges, and wyll cleare the boyce from coughes, and is of great effect to helpe sore eyen. Many good Pilles, and mixtures to be put vnder the tongue be made of this gum, against Angina, and all the paynes of the mouth and throate. Gum Tragacantha helpeth the raines. Dioscor. lib. 3. Cap. 20.

Laudanum, is a precious gum, hauing vertue to heat and humecte or moist in the second degree: the best commeth from Cyprus, and is sweete of sauour, Galen doth commend it lib. 7. simplic. medica. because it putteth away cold, and giueth heat, and is good agaynst the coldnesse of the brayne, or cold reume. And Laudanum melted with Beares grease, wyll keepe the haire from falling, to anoynt or emplaster the naked or bare pallet. It maketh goodlye Pessaries for to comfort the Matrix that is cold, and openeth the mouth of the vaynes. Melted in hoat Oyle of bytter Almonds, it maketh a singuler oyntment for deafe stopped eares: in subfumigation close vnder the secrete clothes of Women, whych be newly delyuered of chylde, it will eiect or cast quickly forth the seconds, it moueth vryne. If it be dronk in olde Red wyne it wyl stop the guttes in a bloudy flixe. Masticke and Laudanum incorporate together, do fasten lose teeth, and this Laudanum is used both inwardly and outwardly, for the health of mankinde, and hath a sweete sauor of singuler Vertue. Laudauum. Laudanum, doth help the haire from falling saith Paulus.

Lycium or Pixacantha, so called of Dioscorides, lib. j. cap. Cxiiii. which commeth from a sharpe thorny bush or tree, leaued lyke Box, fruict lyke Pepper black and bitter, it groweth in Cappadocia and Lycia. The braunches beyng cutte, stamped and sodden, and so strayned, from theym commeth a Juice, whych is as thycke as Hony, which is sophisticat with sundry substaunces, as the iuice of Wormewood, Oxe gaules &c. This Lycium is yellow and bitter bying and percing, of substance very earthly, and stiptik, it hath Vertue to helpe the Eyes, dryeth moyste Skabbes, and is good to bee gyuen them which be bytten with a mad Dog, and haue Tenasmus or the bloudy flyxe. It wyll make one haue a yellow haire, & stoppeth the immoderate flixe, eyther Red or whyte abounding in women. And thus I end of Lycium. Lycium commeth from Lycia. For yellow haire.

Acacia commeth from a thorne in AEgipt, whych hath coddes growing vpō it lyke a Broome, out of which coddes, leaues, and seede, is pressed forth the gumme Acatia, which wyl restraine and stoppe most effectually, and is cold and dry. This Acatia aboue all gummes hath vertue to coole and stop bleud, and bloudy flixes, and coole the burnyng of the eyes, and in the commendacion thereof reade Dioscorides. lib j. Cap. xxv. Theophrastus lib. 4. cap. de plant. historia. Galen lib. 7. simplicium medicamentorum. &c. Acacia stoppeth the bloudy flixe.

Terebinthus, is a goodly tree, hard and blacke, and groweth in Arabia, from which droppeth a precious liquor, or thin gum called Terebintine, although from euery Rosen tree a kinde of Terebintine doth drop. Terebintine is hoat and dry of nature in the second degree, and is vsed in many outward partes or paynes of the body, and is put in sundry oyntmentes & Cerots. &c

Terebinthus or Terebintine hath great vertue. Galen. lib. 8. Sim. medica.

It will helpe the Synewes and muskels, it stoppeth Tenasmus, which is a running of the guts or flixe, made in a subfumigation vpon ỹ coales. Cleere Uenice Terebintine washed & tempered with Hony, will cleanse ỹ lunges. Taken with Sugar in Pilles, it will clense the raynes, open the Bladder, purge Grauell, cause mutch vrine, help the Yarde, and also mollify ỹ Belly.

The vertu of Terebyntine.

Terebintine. ʒ. ij. often washed in Fenell or Tyme water, then put into it ỹ pouder of new Safron, & Hiera simplex, aña. ʒ. ß. and keepe this in a boxe & who so feeleth griefe within their guts or raynes, let them eate of this. ʒ. ij euery morning, during. iiij. dayes. There is a fyne Terebintine comming from the tree Larix, vsed mutch: and thus I leaue of Terebintine which is sweete, and shining cleare, yet somewhat noysome to the stomack. There is mutch counterfet Terebintine, made of Rosen & Oyle. &c. which the Chirurgians can craftely Sophisticate.

Gum Larix is equall to the Terebinthin vsede in Ætius

Styrax Calamite and Styrax liquide, be both hoat and dry, the best of this, saith Galen, is brought frõ Pamphilia, it is good to be incorporat with Laudanum, cleane new Ware, Muske, Siuet, it will make a pleasaunt Pomambre against stinking ayre, or coldnes of the brayne or melancholy. Styrax calamite, or of the Reede so called, maketh good Parfumes. The black is worst, the gum with shining couller is best: but to say ỹ truth, the Apothicaries can so well Sophisticate the same wyth Ware. &c. that we can haue but little true Styrax, as Myrrhe, Amber, Muske. &c. the Apothicaries do giue them al their blessinges with adulterate baggage, with a cast of legerdemayne, to fill their purse, but if we had them in their right kinde, little Ware were worth mutch money: and now in sundry places, mutch Ware is worth little money, or nothing at all. This very Styrax calamite doth mollify, warme, and drunke wyth Wyne, helpeth the greatest griefes in the stomacke and Reume, and letteth ỹ termes slip naturally: and helpeth stincking breath. Tempered wyth Oyle, maketh a precious oyntment for the head, of theym which be ouercome wyth colde. Styrax liquide is good in Oyntmentes for skales, skabbes, and French Pox, and is good to bee burnt in Parfume against a pestilent Ayre.

Styrax calamite, and liquide Styrax, be sweete and holsome.

The craft of subtle Apothicaries, doth mucch harme.

Diacridium is hoat and dry in the fourth degree, and is pressed out of an herbe to purge with all, the best is shining in substance, and blacke, there is good which is whitish, but mutch is sophisticated with spurge, Colophonie, &c. but that is not good, if it be brittle & bitter in Sauour: and if you licke Diacridium with your tongue, so that white fome do remayne after it, then it is good to purge choler, flegme and melancholy: beware you receyue not Scammonie, before it be wel prepared as you may see in ỹ booke of Compoũdes: for this Scammonie is very venomous before it be prepared, & expulseth good matter, and retayneth still the euill or hurtfull humours to the great perill of the Receyuer, and will put the body in daunger of a blouddy flixe incurable:

Diacridium.

To knowe good Diacridium.

curable: therefore prepare, I say, your said Scammonie in Quinces made hollow, or in gray Costards, after ỳ same maner: put in your Scammonie, sprinkled with Oyle of Violets, and bake it in Paste, ỳ the venime may passe away: when it is cold, then it is Diacridium fit to purge, being corrected with Mastik: and why shall Mastik bee put in? Because it will abate the violence thereof, and kepe the stomacke and heart from daunger, and guts from the bloudy Flixe. Gum Arabik is also holsome therewith. Chollerike persons may be purged wyth lesser prepared Scammonie, or Diagridium, thã the Flegmatike or Melãcholy, and it may not be occupied. 15. dayes after it be prepared as wyth Myrobalans. &c. It is vsed in sundry Electuaries, pouders, & Pilles. And vndiscretly mynistred it anoyeth the heart, dryeth good Humours, and wasteth nature, yea disolueth and finally killeth the body. Read in Valerius Cordus, which is a good Apothicary, not onely to prepare this, but also all other thinges profitable for nature.

Scamonie is perillous, except it be first prepared.

Marcellus.

I Thanke you wyth all my heart, I haue conceyued no lesse pleasure, to heare you all this long day, than you haue taken paynes of your parte to teache me, the vertues of so many thynges wythout many questions moued: yet I had almost forgotten to mooue you, what vertue is in Myrobalans, whych euen lately you haue named to be good w̃ prepared Scammonie?

Hilarius.

MYROBALANVM is a noble fruicte of Inde lyke Plumbes whych hath vertue to purge superfluous humours, and comforteth nature, and who so vseth to eate often of Myrobalans being condite, shall not seeme olde, sayth Mesue, and maketh pure couler. There bee. 5. kindes of theym, as Flauj, Chepulj, Indicj. or Nigrj, Empelicj, and Bellirici, which do differ one from the other: for ỳ Flauj, and Chepulj, do grow both vpon one tree, for the Flauj are gathered vnripe, and the Chepulj haue their full nature and rypenesse. Myrobalans, Flauj, Indicj, Chepulj, and Bellirici, be colde in the first, and dry in the second degree Empelicj are colde and dry in the first degree, and be good for the Lyuer, Gaule, Splene, Raynes, and Bladder: and put in infusion of the Juyce of Quinces, standing. 24. houres, and then strayned, then put prepared Scammonie, they wil purge choller, as for example: Take Myrobalans Flauj. ʒ. j. the iuyce or syrupe simple of Quinces. ʒ. iiij. stampe your Myrobalans, and then mingle them wyth the sayd Juyce, the Juyce being made warme, and let it stand in a close stone vessell. 24. houres, then straine it forth, whan this is done, beate your prepared Scammonie fine into pouder. ʒ. iij. and temper it together, putting it in a close warme place to dry it by little & little, and of thys ʒ. j. or litle more wil purge choller, & humours superfluous without hurte. Myrobalans may be stamped with the Syrup of Wormewoode, & then sodden with ỳ infusion of Agarike, & Rhabarbe, to purge flegme & choller: it may be drawen with Chassia & Manna, for noble persons or People of tender nature. This fruict defendeth the body from corruption, trimbling of the heart, heauines, Melancholy, & bringeth to nature, Cleanlynesse, fauour, & myrth.

Myrobolans of. v. kyndes.

To seeme pỹg how to do it.

To purge tender persons.

To clense sore eyen. And drawen wyth Fenill water and Sugar, it wyl clense the sight to bee dropped into them morning and euening. The pouder of them wyth Rosen wyll heale sore Vlcers. And thus I do ende of Myrobalans, whych wyll draw backe the venomous force of euery purgation that doth aboūde in operation.

Marcellus.

What is the vertue of Gaules, called Galla?

Hilarius.

gaules grow lyke Akorns. Dioscorides. lib. 3. cap. 123 GAules will bynde, and nothing will cleanse the mouth from filth better, applied to any sore therein. When the intollerable paynes of the teeth do rage on still, a peece of Gaule applyed to the place, will soone asswage the same. Gaules soddē and stamped, apply them to ỳ Matrix when through weaknesse it is displaced or saule downe, and it will go back to his naturall place agayne. Gaules wyll staunche bloud, and make hayre blacke, and stop the bloudy flixe in Clisters. Galen. lib. 7. simplic. medic. sayth Gaules be cold in the second degree. The cuppes wherein they do grow bee of the same nature. And thus I doe ende of Gaules, whych are good to make Inke wythall.

Gaules wyll stop the Flixe

Marcellus.

What say you of Acorns of the Oke tree?

Hilarius

The Querke or Oke tree, will stop the bloudy flix or bloud, so wyll the Barke, Akorns, or leaues, wyth the Cuppes. THe Oke tree of all noble trees for strength excelleth all other for substanciall buildinges, which Tree shall bee once in no small estimation in this Realme of England to vphold houses, dwellinges, and the royall Nauies: although the Oke bee of little price, yet for the Age, strength and vertue, few other trees excell it: the Bark cannot be forborne of Tanners to make Leather to serue the common wealth. The timber, as I haue sayd, is pryncipal in buildings. The Acorns haue vertue to stop Dysenteria, and Tenasmus, whych be extreme flixes. Of al trees that be glandiferous or bearing nuts, or Mast, nothing doth restrayne more than the Oke and Acorns, as sayth Dioscorides, lib. 1. cap. 121 and Theophrastus, lih. 3. cap 8. and 9. de plantis historia. Fagus the Beeche tree, and Ilix do beare Mast, not only good for Swyne to feede vpon, but also in medicine doth stop termes imoderat, or restrayne or driue backe guts that be relaxed, or the precipitation or coming forth of the Matrixes of women, if eyther the barkes, Leaues, Buddes, Acorns, or Cuppes be sodden in red Wyne, running Water, and to sit close ouer it warme, and to drynke the decoction thereof in cleane Red Wyne, Cynamon, and Suger. Suber the Corke Tree wyth hys Fruict, hath the foresayd vertue to stop the Flixe, or Bloud. Reade Plinie. lib. 11.

The Beeche tree, with his fruit wil stop flixes.

Suber the Corke, will stop bloud & flixe.

Marcellus.

What then of Castania the Chestnut?

Hilarius

Hilarius.

Chestnuts be commonly knowen, wiych of nature will stop Flixes & restrayne, make fat, & indurate the Splene. In many places of Italy and Fraunce, the people doth lyue by these Chestnuts in wynter, whã they want other fruicts. Stampe Chestnuts, Hony, and Salt together, & apply it to the byting of a mad Dogge, & it will heale it. Chestnuts moue Venus or carnall lust, being roasted and eaten, they doe offende the heade, and Splene, because they do inflate & stop, they be called Iouis glandes, that is Jupiters Nuts, sayth Dioscorides, lib. 1. cap. 122.

Castania the Chestnut.

Chestnuts help the byting of a Dog.

Marcellus.

What say you of Myrtus?

Hilarius.

MYRTVS the black, that grow in the Gardens be of more vertue to restrayne, than they which grow vpon the Mountaines, wiych be wiyte, the seede hath great vertue to restrayne. The seede is good to be giuen to them which haue the bloudy flixe and spit bloud, and it openeth the vryne. The Juyce of Myrtes drunke in Wyne, doth stop the flixe, & healeth filth, breading about ẏ priuymẽbers being washed therewith, & it doth clẽse ẏ eyen. Myrtes hath vertue, restrayning both inwardly, & outwardly, & do dry, as Galen affirmeth lib. 7. simplic. medic. it is partly ouercome wᵭ coldnesse & earthly nature, yet it hath also a thin substance of warmnesse, which giueth it drynesse. And thus I do end of Myrtus, called so of the Latens: and of the Arabians it is called Alas, whereof be three kindes, Saliua, Tarentina, and Exotica, and all be of vertue good to helpe the bloudy Flixe.

Myrtus hath vertue to restrayn.

To stop the flixe, called Dyscenteria, & Tenasmus with Myrtes

Marcellus.

What say you to Coloquyntida?

Hilarius.

IT is most bitter, wiyte like a baule, full of seedes, leaues lyke to Cucummers, hoat in the second, dry in the third degree. Good in Clisters agaynst the collike, resolution of synewes, & purgeth fleume, choller, & raw humours: it openeth the mouth of the veynes, yet it is perilous to be gyuen to Women with childe, or weake people. A peece of Coloquyntida knit in a clout, and steeped in a draught of white Wyne al a night, with. iiij. or v. Braunches of Hisop, straynd in the morning, and so drunke, will purge a stronge body from mutch filth and Iliac: euen so it will being sodden in sweete water, clense al the body. Coloquyntida, Ore gaule, Hony, Meale of Lupines, and Dyle of Wormewood, and Aloes, ana. ʒ. j. ß. stamped together, and warme applyed to the belly, eftsoones a lax wil follow, with wormes if any be within the guts. Sandarak. ə. ij. vinegar. ʒ. ij. Coloquyntida. ʒ. j. in pouder incorporate and sodden together put into sore Teeth, taketh away the paynes, if it come of colde: the Dyle of Coloquyntida wyll kyll wormes, helpe Sciatica, and put into the eares wyll take away the sounde or tingling in them: and thus I do end of Coloquyntida, which is most bitter, and must be taken with discretion, the Arabians do call it Chandell.

Colocithis, or Coloquyntida Dioscorides. lib. 3. cap. 171

To kill wormes in ẏ belly with Coloquyntida.

To helpe the Teeth wyth Coloquyntida

Marcellus.

What is Turbit?

Hilarius

Turbit which purgeth flegme.

TUrbit is to purge flegme, but as for the very Turbit, most mē be vncertayn what it is. Actuarius sayth it is the roote of Pytiusa: Manardus and Mesue, affirme it to be second kinde of Tithymalus which is called Mircyniles. But Dioscorides plainly doth affirme it to bee Tripolium, as some suppose by the minde of Serapio. Antonius Musa supposeth it to be the second kinde of Spurge agreeing with Manardus and Mesuæ.

Mutch varitie of Turbit what it is.

Marcellus.

What are Tamarindes.

Hilarius.

Tamarindes or Tamardactylos. Dioscorides lib. i. cap. 126.

TAmarindes are a lower fruicte of Inde, which be wyld Dates, called Tamardactyli, and be cold and dry, sayth Mesue, in the second degree. Thys fruict wyl asswage the heat of choler, open the Gaule, and purge the belly. A decoction of Tamarindes with Ptisant, and the iuice of Pomgarnets, wyll quench hoat Apostumacions in the throat: whan humors be to sharp, and bytter in the increasyng or augmenting of the sayd Apostumacions. The very pure Garden Dates, be fruicts of great Vertue. This Date is the very fruict of that tree whych is called the Palme tree, whych fruict maketh precious wyne in the Lād of Syria, these Dates be commonly knowen here in England. Sodden Dates in old wyne wyl help the Emeroides. A Date stamped wyth Hony of Roses, wyl glew & knit a new wound. But mutch eaten vpon, beyng raw, are vnfriendly to the head, and make grose Bloud, and stop the Liuer. Notwithstandyng cleane pared Dates be good in stewed brothy, as we do commonly obserue by custome. Galen doth remember Dates. lib. 7. simplic. medicamentorum, saying they be sweete and warme, and vsed mutch in meates &c.

Dates of the best kynde.

To helpe Emeroydes.

Dates good in stewed brothy.

Marcellus.

What say you of Tamariscus, or Tamarix.

Hilarius.

Tamariscus is a little tree like Quickbene

TAmariscus, is a wod mutch like Quickbene, wherof there is plenty in one part of Germanye, within a certayn Iland belonging to one of the Germayn Bishops: and this Tamariscus, is the better knowen here in England by the famous learned Man Wylliam Turner Phisicion: not onely this, but many other simples by the same Doctor, which Doctor is a Jewell among vs Englysh men, as well as among the Germaynes, as Conradus Gesnerus reporteth of hym for hys synguler Learning, knowledge & iudgement. The wynd of the decoction of Tamarix is holsome to drynke agaynst the hardnes of the Spleene, and stopping of the dryne or strangury, because it doth open so mutch. The pouder therof in bread is holsome for them to eate whych haue the quarten or Dropsy, it is as good as *Asplenum* for the Spleene. Galen affyrmeth that Tamarix or Myricæ lib. 7. simplic. medic. hath vertue to clense and open, and is hoat and dry. Sodden in

Doctor Wyl lyam Turner

Tamarix do helpe the Spleene.

Vinege

Vineger, it helpeth the Spleene, and also the tooth ake. Dioscorides, lib, j, cap xcix. doth commend Tamarix, and sayth it is vsed oftentimes in the place of Galles, and is good to be drunk against spitting of bloud, and flixes. &c.

Tamarix against the flixe.

Marcellus.

What say you of the Nut called Pistacia, which is a Nut of Italy. The Iuglans called a Walnut, the Hasell Nut, Nutmegges, Almondes, and the vomiting Nutte,

Hilarius.

PLinius affirmeth that the Pistacia is a fruicte of Syria, and was first brought into Italy by the famous Censor called Lucius Vitellius, in the tyme of Tyberius Cæsars dayes, and now there be great plenty of these Nuttes in Italy. Galen reporteth of them lib 2, de alementorum facultatibus, that they be but little profitable to nutriment, notwithstanding good to the liuer, clensyng euyl humours from the same. But whether good or euyl to the Stomack, profytable or noto ỹ belly, relaxing or bynding, he doth not affirme. Auicen sayth thus, one saith he, affirmeth that the Pistate doth not profit the stomacke: but I, sayth Auicen, say that the sayd Pistate, doth not onely preuaile agaynst the noysomnesse of the stomacke, but also wil corobozate and make strong the ventricles. And to conclude, Dioscorides, lib, j cap, cxl. sayth that Pistates of Syria be friends to the stomack, stamped and tempered with wyne: eyther eaten or dzunk they preuayle against the stinging of Serpents. Nux Iuglans the Walnut, Quasi iouis glans as Jupiters nuttes, with which fruicts the people lyued by, before they knew Tillage, and called thē the great Gods nuttes. These be commonly knowen, sweete within and bitter wythout. And this tree, with all parteining to the same is adstrictiue of nature, and good oyle is made thereof, and is bytter, and soner digested than the Fylbyrd or Hasel nut, and is vsed in medicines against poisons. They be hoate in the fyrst and dzy in the second degree: and holsome cleane pycked & washed in wyne, to be eaten after Fysh, and best new. Plinie reporteth that when Mythridates the kyng of Pontus was dead, there was found in a chest of hys, his own hand writyng, in the laud of walnuts, agaynst Poyson R. UWalnuts, in number, ii Figges. ii Rue leaues. xx. stamped together with a lyttle Salt, and eaten fastyng doth defend that day from the Pestilence or poison: put Honie to it, and it helpeth the bityng of Dogges, layed vpon the woūd. The oyle of nuttes with Hony, or the greue nutrindes wil kyl the Canker, to anoynt the place, and also bryng haire, and defend baldnesse.

Pistacia. a nut of Syria or Italy.

The vertue of the Pistace Nuttes.

Walnuts against poison, as Mythridatus reporteth.

Both of Wm Bar.

Both of Wm Barnes

Fylberdes be good of digestion, not good to be eaten before meat, for then they be not a lytle noysome to the lunges and head. Notwithstandyng if they bee rosted and eaten with a lyttle Peper or Aster, then they shalbe comfortable to help a moist reume. Stamped with Hony and Hysop water, thē they be good for old coughes. There is a good oyntment made of smal nuts and Beeres grease, for to anoint a bald head to bryng haire, Galen affyrmeth that they be more cold and earthly than the Walnuts. Dioc'es sayth they do lesse nourish than the Almonds, how be it the greene be more holsome than

Fylberdes are good after meate and doth help the reume.

Walnuts.

To heale a pycke.

the dyp. There is a comen medicine made of Hassell nuts, or Filberdes, the iuyce of Dittany and blacke Sope stamped together, and this will drawe forth a pyck fixed within the flesh. And these Nuttes be tollerable after fish, to dyp vp moyst matter. & the Greekes call them Karia pontica, because they came first from Portus, & now be almost in all the places of this Worlde.

Almondes sweete & bitter.

Almondes: the bitter Almondes, their Rootes sodden, the decoction of them will clense the Face from spots. Bitter Almondes stamped with oyle of Roses and Vinegar, wil asswage the paynes of the forehead to anoynte the Head, Temples, or Forehead therewith. Tempered with Hony & Rue,

Almondes to help the byting of a Dog

they make a good plaster for the byting of a mad Dogge, and the reason is this, the plaster is very hoat, and the byte of the Dogge is colde with Melancholy. The oyle of bitter Almondes is holsome for many thinges, as to warme the body, stomacke, Matrix &c. and to poure into the eare to help them which be deafe, if it be curable. Bitter Almondes be hoatter then the sweete, they clense the guts, Lyuer, & Stomack, and draw foule humours from the Lunges, sayth Galen. lib. 7. simplic. medic. Almond mylke wyl clense

Almonde mylke, the vertue therof.

shower, and cut grosse humours, & may be made in the decoction of Hens, Partrige, or Chycken, to strengthen nature, or with cold herbes, as Sichory, Endyue, Violets. &c. to quench choller, & to reconcile sleape. To clense y raynes, stampe Almondes in cleane washed Uenyce Terebintine, and eate it. both for the Collike, Strangury and the Stone: eate Almondes before meate and drinke, if you be afrayde of drunkennesse: quench Golde, Syluer, Steele, Flynt, or any of them in Almonde Mylke, wherein is put the pouder of Ryce, and it wyll stop a flixe to drynk the same. Many great ver-

Gum of Almondes stoppeth the Flux.

tues be wrytten of Almondes, as Dioscorides libro primo. cap. 139. &c. The gum of Almondes steeped in Wyne and drunk, helpeth the Flix or spitting of bloud, so will gum of Cheryes.

Nux vomica to vomit how to do it.

There is a Nut called Nux vomica, whych if it bee stamped and eaten by it selfe, or els with a little Salt, or Oximell simplex. ʒ. ſ. it prouoketh vomits of choller and flegme. And mingled wyth Hony, the seede of Fenell, Dill, & warme Water, it maketh a most holsome vomit for a foule stomacke, but

Dog leches.

beware yee take no more than ʒ. ſ. for then it is most perillous to nature or lyfe. With this Nut and Helleborus Albus, many dogge Leches do put the ignorant people in daunger of their lyues. As of late one called Edwardes, a

Edwardes the impericke. Cuthert Blunt.

doltish impericke, came to Newcastell, and had like to haue killed Cuthert Blunt, a gentleman of the same towne, who through drinking of the Syrups of Violets, Quinces, and Mintes, was happely recouered, and after through infortune finished hys carefull Lyfe in London, being Pryſoner in the Fleete. *Anno.* 1560.

Nutmeg, or muſke nut, haue many ſinguler vertues agaynſte colde.

The Nutmegge or Muſke Nut most odorifferous, pleasaunt, and sweet, vsed in many Cordials and holsome receites agaynst coldnesse, and cometh from the hoat Countrey of Inde, from an Iſlande called Badan, and is inclosed wyth Maces, as with a Nutshall, which Maces is a spyce most holsome: the cloue is not the stalke whereupon this worthy Nut doth grow: the Mauritanians affirme that they bee hoat in the seconde degree. The olde Wryters speak but little of this Nut, it is proued to be good against winde, collike, flegme, weake digestion, vomits, headache, coldnesse of the Lyuer,

cardiakes, stopping of the splene, Dropsy, swellinges, bloudy Flixes: it comforteth the Synewes, muskles, & Ueynes of colde, or olde people: maketh sweete breath, putteth away trimbling of the heart, and is holsome to bee beaten in pouder, and tempered wyth oyle of Myntes, and to anoynte the forehead and temples agaynst coldnesse of the head, or dulnesse of memory, and is holsome in plasters for the stomacke, quilted in Leather and Spike: good in stewed brothes, for them which be long sicke, and the Dryle is comfortable for colde Stomackes: but Auicen speaking a little of the Nutmeg saith, it is euel for a Sanguine man to vse it, because it will adust the bloud, (and make one appeere with a face as though he had a visor of Currall) be cause of the drynesse: so to conclude, the Nutmeg is the fruicte, the Mace the flower, or Rose that doth enclose it, the Cloue is the smale Stalke that beareth it, as they say. But Cinamon is a nother maner of Barke. Dioscorides sayth there be diuers kyndes of Cinamon whych are hoat, and dry of nature in the third degree, and help the stopping of ỳ Lyuer, Dropsy, Flixes, and all the paynes of the Guts, Lunges, and breast, & cause a sweete breath, and are holsome in blanch pouder or soppes. Cloues come from Inde, and grow lyke nayles vpon Trees, and be hoat and dry, and odoriferous, and be good agaynst colde.

Nutmegs not good for hoat cõplexioned men.

Sinamon.

Cloues.

Marcellus.

What say you of Fraxinus, the Ashe tree?

Hilarius.

THis tree is commonly knowen, whose leaues being stamped or sodden in Wyne, do heale the stinging of serpentes. Plinie sayth, ỳ leaues of Ashe trees be deadly to beastes, but that should seeme to be erroniously spoken of Plinie, because we see the contrary: but there is an herbe whych hath leaues like Ashe leaues called Ditten, of which Matthiolus maketh mention in his comment vpon Dioscorides, which herb is good for man agaynst poyson, Wormes and swellings, but no beast dare eate thereof. And I suppose Plinie ment this Dittany, whych I haue proued to be good agaynst the Tympany of Water. I haue proued it at Tinmouth Castle, where plenty doth grow vpon the Rockes. But to conclude of the Faxin, or Ashe tree, the leaues being sodden with the Oyle of S. Jhons grasse and Terebintine are good agaynst Cuttes, sores, and open woundes to glewe, or draw them together agayne: they also be good wyth Consolida, Comphorie, Beane meale, & oyle of Myrtes, to lay vpon broken Bones. And ỳ kayes of Ashe tree sodden in Wyne, Citrach, fresh Capers, and Sugar, are good to drynke to diminishe the swelled Splene, and of nature are colde and dry in the seconde degree.

Fraxinus the Ashe tree.

Ditten.

To helpe broken bones

To helpe the Splene.

Marcellus.

What say you of Populus, called the Popler tree?

Hilarius.

THere is the white and the blacke Popler, whych bee colde and dry in the third degree. Of the Popler is made the goodly Vnguent called Populeon. The Juyce of the Leaues bee wholsome to bee dropped into the hoat stopped Eares. The Popler young Buddes, incorporate wyth

Populus the Popler tree.

cleane

cleane Hony and Rosewater, be holsome to asswage the paines of the eyen, comming of heate. And the Juyce of the bark sodden in red Wyne, wil stop a bloudy Flix, and the Sciatica; reade further. lib. 1. Dioscorides. Cap. xciij.

Marcellus.

What say you of Brome called Genista?

Hilarius.

Brome. THe Brome, and the whin or Furre Bushe be hoate and dry in the second degree: ad the seede will prouoke vomits, cleanse filth in the stomacke, and kill Wormes. The Juyce tempered wyth Staphisagry, oyle of Wormewod & Aloes, wil kil Lyce. The oyle of Brome wil heale a Tetter.

To kyll Lyce.

Marcellus.

What is the vertue of the Jenuper?

Hilarius.

Jenuper DIOSCORIDES in his first booke Cap. 87. sayth, there are .2. kindes of Jenupers, or bigger than the other both sower or tart of taste, hoat of nature, mouing vrine, Serpentes wil flee from the smoake thereof. Jenuper beries be holsome to clense ỹ Stomacke, help the coughe, inflations, and the torments of the belly. There is a precious Oyle made of Jenuper to warme the synewes and comfort the head, being ouercome with colde. Jenuper beries be holsome to put in medicine agaynst the Pestilence, & byting of Serpents. Plinie in the laude of Jenuper sayth, that the beames in the riche temple of Diana of Ephesus, were made of Jenuper, the whych remayned many hundred yeares vnperished, vntill the burning of ỹ same. The Chemistes or Distillars of Waters, make their ardent hoat Fyres of Jenuper.

Jenuper swyll dryue away Serpents.

Jenuper was the beames of Dianas Temple. Plinie. lib. 16. Cap. 40.

Marcellus.

What vertue is in Hypocistis?

Hilarius.

Hiposistis. HYpocistis is colde and dry in the second degree. Galen sayth, lib. vij simplic. medicamentorum. Cistus is a binding fruicte, the leaues and small buddes do dry and bynde and glewe Woundes together: but the flowers be of most effect. Drunk in Wyne they are good against the bloudy flix, or weakenes of the belly; and also for Women, that haue to mutch red flure menstruall. And wyth Sanguis Draconis and Boleatmen, wyth the whyte of an Egge, it wyll stop a bloudy Wounde.

Hipocistea wil stop blod.

Marcellus.

What say you of the Pomgranet, and Balaustia, Lymondes, & Oringes?

Hilarius.

Malum Punicum the Pomgarnet. EMplasters made of Pomgranets, bee good against hoat Feuers: the Wyne of Pomgranettes, is good to comforte the Stomacke after meate. There are two kyndes of theym, the sowre, and the sweete the sowre bee colde, and dry in the seconde degree, but the sweete bee colde and moyst in primo. And thys Fruicte is called Malum punicum, the flowers be called Balaustium, of the Wylde Pomgranet whych flower hath

Balaustica the flower of Pomgarnete whych wyll

vertue

uertue to stop flixes, by the reason they be colde and dry, and stiptick of nature, and very good to be put in Clisters and in the drinke of them, which haue Disenteria, or Tenasmus. The sower Limondes are cold and dry, but the sweete are warme, the rindes are al dry. And Limondes are good in Wine and do resist poyson: Oringes are weaker of nature, and are cold and dry.

stoppe a flixe.

Limondes Orynges.

Marcellus.

What is Cubebes, I pray you of nature?

Hilarius.

They be hoat in the begynning of the thyrd degree, and bee good to clense the breastes and bellies, of rawe flegmatike persons, which be full of grosse humours. They help the splene, and coolenesse of the Guts: wyth Mastike they will draw filth from the head. And wyth Balme water, there is nothing better agaynst Melancholy trembling of the hart, and the falling euill. And these Cubebes bee vsed in many goodly medicines.

Cubebes haue goodly vertue agaist melancholy.

Marcellus.

What say you of Figges?

Hilarius.

Figges be of diuers sortes, but hoat in the first degree, and dry in ỹ second: and be full of maturity or ripenesse, and will open ỹ poares, cause sweete breath, breede Lyse, by the reason the foule humoure is clensed through the skin by them. Relaxe the belly, and sodden in Wyne with Hysop, strayned and drunke, help the throat, lunges, and olde rotten coughes. Figges be good agaynst Melancholy, and the Falling euill, to be eaten. Figges, Nuts, and herb Grace, do make a sufficient medicine against poyson, or the pestilence. Figges make a good Gargarisme to cleanse the throate, and stamped with Shomakers ware, wyll heale an vlcer. Figges will ripe hard apostumacions, of ỹ plague sore: Snayles, Swynes grease and Figges, wyth Beane flower stamped together, and warme applyed to a sore swelled throat, will ripe it, and help *Angina*. The Wyne of the decoction of Figges, is wholsome to be drunk agaynst bruses, or falles. Figs be fruict most worthy and commendable to mans nature, both inwardly in meat to clense the bloud beyng also a goodly Medicine: and outwardly in wholsome plasters, to ripe an hard Apostumacion or sore: by the reason they will warme, and make the skin thin. And thus I do end of Figges.

Figges wyll ripe apostumes, best of al fruictes and are wholsome to be eaten.

Figges heale vlcers.

Figges bee both meate and medicine.

Marcellus.

What say you of the Mulbery?

Hilarius.

GALEN. lib 7. simplicium medicamentorum sayth, the ripe sweete Mulbery will somwhat relaxe, but the Tarte vnripe will restrayne and stop the belly: so it is then of nature relaxing and binding. The Barke of the Mulbery tree roote sodden in Water, to drinke that water doth resolue the belly, Dioscorides. lib. cap. 143. the leaues stamped with Vinegar, do heale scalding, or burning, to anoynt the place therewith. Tricoctus called the Medler, or Mespilus hath vertue also to restrayne, stop, and coole.

Morus the Mulberie.

Mespilus.

Marcellus.

Marcellus.

What is Sebesten good for?

Hilarius.

Sebesten will helpe Struma

SEbesten and Iuiubes be good to helpe the griefe in the throate called Struma if they be sodden in sweete water, Weede, or in the decoction of Lyquorice and Figges. And they be both of a temperate heate and moystnesse, vsed in many medicines.

Marcellus.

What say you of Leuen?

Hilarius.

Leuen dissolueth harde thinges, and maketh them soft.

LEuen called Fermenrum, is hoat and moyst, and will quickly dissolue a hard apostumation: and if it be stamped with Figges it will speedely ripe and draw. And Leuen is wholsome to help the pricke within the flesh or Synewes, made lyke a Cerote.

Marcellus.

What say you of Ceruse?

Hilarius.

Ceruse cooleth inflamed sores

IT will scoure, and is vsed among the Chirurgians, for to quench hoat vlcers: it hath vertue to dry, and is colde & dry in the seconde degree.

Marcellus.

What then of Licium?

Hilarius.

Licium.

LIcium is very subtle, drying and penitrating: and of nature is colde and stiptike.

Marcellus.

Wherefore is Litarge good?

Hilarius.

Galē. lib. 9. simp. medica.

GALEN remembring Spuma argenti: sayth Lytharge doth dry, as other medicines do, that be made of Mettell, Stone, or any other earthly thing, of a stronge faculty, and is vsed in sundry linementes, agaynst hoat burning Vlcers. And is naturally colde and dry, and is tryed out of Sande, called Molybdis. Looke Dioscorides. lib. 5. Capt. lxiij.

Litarge.

Marcellus.

What say you of Galanga, **and Cost?**

Hilarius.

Galanga.

GALANGA is hoat and dry in the thirde degree, and biteth as Ginger doth vpon the tongue, with burning like Peper, and will take away coldnesse of the breast, heart, guts, matrix and raynes: drunke with Planten water, it stoppeth the bloudy flixe, and strengtheneth nature, comforteth the braynes, and trembling of the heart. Ciperus, which is called Aspalathum, is very sweete, and of the nature of Galanga, and is called wilde Galanga, but it doth more vehemently expell the termes being drunke: the rootes be like Ginger. Coste is diuritike, hoat and warme, and resisteth Venime.

Ciperus.

Marcellas.

What say you of Iris, **called Treos?**

Hilarius

Hilarius

IRIS is so called, because of similytude of the Raynebowe, and is commonly knowen: it is called the flower Delice, hoat, and dry in the ende of the thirde degree. And is of two kindes, Garden, and Fielde Ireos: and it will resolue, soften, and open, and is put in mollifying Cerotes, with grease of Duckes, Capons, Hens, and Geese, and the Pouder of Flare, Beane meale, Holioke, and Ware accordingly. Ireos pouder tempered with Hony, and therewith a conuenient Pessary made, is good to drawe forth the dead chylde. It is holsome for Struma, or swelling in the throate, in lynamentes. And the Pouder thereof wyll heale a Fistula, or a rotten Ulcer. Vinegar, Oyle of Roses, and Ireos, sodden & strayned, put thereunto Hony of Roses, and it will couer a naked place, whereas ỳ flesshe is gone from the Bone, and will quickly couer it agayne with fleashe. The whyter it is, & the meaner it is, the better: Plinie doth not a little commend it libro. xx. for oyntments, so do Ætius lib. xiij, cap. iiij. but not inward in medicines.

Ireos.

To resolue.

To couer a bone with flesshe.

Marcellus.

What say you of Peper?

Hilarius.

PEper cõmeth from Inde, the blacke groweth vppon clusters lyke to little blacke Jenuper Beries: Some growe in Huskes, & both the white Peper, long Peper, and blacke Peper be all hoat in quarto, and dry in the seconde: the long is most byting, because it is gathered before it bee rype, therefore it hath still the hoat humour. The black is perfit ripe, and is wholsome: the whyte is sweetest, but weakest of theym three. Peper is vsed in sundry medicines, and in meate agaynst coldnes: it drayweth, dissolueth, and consumeth moyst humours, and dryeth theym, and helpeth an Agewe, being drunke many tymes, specially before the Fit. Grose Peper will helpe digestion, and neuer hurt the Lyuer. There is a goodly Dia made of the three Pepers, called Dia trion Pipereon, which hath greate vertue against horsenesse, stopping of the lunges, and colde Reumes.

Peper.

Peper dissolueth & consumeth moyst humours.

Marcellus.

What say you then of the three Sanders, haue not they the same vertue, that the three Pepers haue?

Hilarius.

NO sir, for ỳ Sanders be Wood, or a Tree called Santalum, of three kyndes: the pale, the whyte, and the red, cold in the seconde degree. And all these be holsome to stop flixes, and woundes: and with Rosewater, Saunders be holsome, to be applied to ỳ forehead in a clothe, with a peece of a Rose cake, to aswage the hoat burninge paynes in the forehead. Sanders be holsome in Drynkes, to be gieuen to quench a hoat Feuer. Temper the Juyce of Solanum, and Pursley, wyth Saunders, and the oyle of water Lyllies, and anoynte the raging Goute therewyth, and the paynes wyll banishe away, through the vertue thereof Auicen in libro de viribus Cordis, affirmeth Sanders bee put in sundry good

The three kindes of Sanders.

Sanders doe coole the head and reconcile sleepe & helpe the Gout.

medicines, against the trembling of the heart. A noble Dia is made thereof, called Diatrion Santalj.

Marcellus.

What say you of Cardamomum?

Hilarius.

Graynes of Paradice called Cardamomum.

CARDAMOMVM, is a precious spice, called the graine of Paradice, growing in Arabia Fœlix: the best be the heauiest and sharpest, bitter of tast in the mouth, with a pleasaunt verdure, fleming vp into the head, or Pallet of the mouth: these be hoat of nature, and to be drunke agaynst the falling sickneſſe, Sciatica, Cough, resolution of the Synewes, Ruptures, paynes in the belly, and kill Wormes in the Belly, and prouoke Vryne. A dragme drunke in Wyne, with as mutch of the barke of Laurus, breaketh ỹ stone: the common graynes be nigh hande as good, and are hoat and dry.

Cardamomũ helpeth the Faling sickneſſe.

Marcellus.

What say you of Laurus, called the Baie?

Hilarius.

IT hath bene in great estimation, since Tyberius Cæsars tyme, which was crowned with Bayes: it signifieth victory, and is of a fiery nature. For example, cast two dry Baie stickes ouer eche other, and caste little pouder of Brimstone betwene them, and eftsoones fire will flame forth. Merueylous things be written of the Bay tree: reade Theophrastus, lib. 4. Cap. viij. Galen. lib. 7. simplic, medic. sayth, the Baie tree leaues and beries, do dry, and warme vehemently: the more they be bitter, the more they are adstrictyue. They will breake the stone, and are good for a colde Lyuer, drunk in strong Wyne. ʒ. j. yet they are euill for Women wyth chylde. The terry is hoatter then the Leafe, and the Oyle is holsome agaynst colde Agues, and goodly plasters be made thereof.

Laurus called the Bay. Agaynst the stone.

Marcellus.

THe children of Israell, in their hunger had Manna falling from Heauen, during their passage in the Wilderneſſe: and after their comming ouer the Ryuer of Jordan, they were fed no more there with. And as I do heare say, there is a certayne Manna, whych our Apothecaries do sell, to delicate persons, to quench the heat of choller, and purge their bloud wythall.

Hilarius.

Manna. Exod. xvj. Sapi. xvj. Psalm. 78. Ihon. 6.

THE children of Abraham, Isaac, and Jacob, were fed by the prouidence of God: because hee was their God, and they his owne people. Hee prouided for them by myracle, because they should loue hym, and honour hym aboue all earthly thinges, for feeding them with heauenly Breade, called Manna, whych as the holy Writers affirme, was ỹ Spirituall foode, euen Jesus Chryste: wyth whych the true faythfull Chrystians, are most comfortably nourished within the blessed sacrament of Chrystes body, whych is our redemption, once bodyly offered on the Crosse, & daily in the congregation of ỹ faithful, spiritually mynistred in the holy Sacraments, vntil th'end of ỹ World according to his promise.

But

But thys Manna, which we do vse in bodyly medycine, is a sweet lyquour, which doth still from the Ayre, in the tyme of the Canicular dayes, falling vpon Trees, Braunches, Herbes, Flowers, and Stones, &c. Some Manna commeth from the Orient, and other from Calabria, which is sweet, light and in small graynes, much lyke vnto Mastike. There is a Citty in Calabria called Cossentia, and the Ashe trees about the same once a yeare in the Canicular dayes, haue great plenty of Manna hanging vpon them. There is but little diuersity betwene Manna and Teryniaben, but that thys is lyke drops of Hony, and wyll quenche heate, purge bloud, and relaxe the belly, & Manna wyll do the same, and is whyte and cleare lyke gum. And yet these two do descend from heauen. Galen, Plinie, and Theophrastus, remembryng Manna, say: that in one time of Summer, there is Hony rayning from heauen vpon trees. &c. At which tyme, the Husbande men play, and singe, saying: Iupiter rayneth Hony, Iupiter Melle pluit. This Manna is holsome for to clense the breast, lunges, raynes. &c. And of nature is hoat, temperate, and moyst, and the more it is to be lamented, by false craft it is sophisticated, or it cõmeth hether. And when it cõmeth into England, it is but little helped among some Apothicaries: and this Manna with Cassia is holsome to purge: and you may receyue Manna Simple. ʒ. ij. in your drynke, or eate it lyke bread in the morninge, or at noone: it is most delicious, and pleasaunt to tender Folkes. Chyldren may eate. ʒ. i. at once, and young Babes in their milke, may receyue. ʒ. ij. ß.

Manna of Calabria.

Manna of the Ashe tree in Italy.

The great vertue of Manna for mankynde.

Marcellus.

What say you of Suger of the Cane?

Hilarius.

DIOSCORIDES remembring Suger. lib. 2. cap. 75. sayth, there be Reedes in Arabia, in whych is a thinge contayned like Salt, & breaketh in the mouth lyke Salt, and is both pleasaunt, and good to the Belly & stomacke: deluted or steeped in water if it be drunk, it helpeth the raynes. And Suger is good to clense the darkenesse of ỹ eyen. Suger is vsed in most Sirupes, and Juleps, Manus Christi, &c. Suger cannot be spared in bankets, or garnishment of feastes: Although Suger cannot be simply made, from the panell, or sande, whych commeth from the Cane, wythout some arte, yet there is much craft in it, by sophisticacion, to make it trim to ỹ sale, sweete and pleasaũt, lyke Muske to the mouth more pleasaunte, than profitable. But the cleane clarifyed Hony, doth excell for health the Suger, specially the Hony of Athens, where as the Bees feedeth most vpon tyme. Sugar Candy is good for the Lunges.

Suger of the Cane.

Hony is more excellent than Suger to preserue.

Marcellus.

What say you of Spiknard?

Hilarius.

Spiknard is odoriferous, pleasant & sweet, comfortable to the brayne, & synewes, and warmeth ech part of the body being cold, & is good to bee drunk against ỹ falling euill, Collicke, Flix, Cardiaca, Dropsies, & Hickit, & it wil increase hayre, ỹ pouder being tempered with Hony to anoynt ỹ place.

Spicknard of Spaine. helpeth the brayn

For sore eyes to help them.

Spicknard beaten into pouder tempered with the wafers of Fenell, Roses, and Eyebright, putting a little Lapis tutia and Aloes Epatike, standing all the night together, and strayned in the morning. this dropped into dimme eyes, wyll comfort, scowre, and strēgthē the sight. And of nature it is hoat in the fyrst degree, and dry in the seconde. And thus I do end of Spica Nardi, whereof there be two kindes, one of Syria, and the other of Inde. Reade more thereof. Dioscorides. libi 1. Cap. 6.

Marcellus.

What is the nature of Caphura, commonly called Campher?

Hilarius.

Caphura called Campher, a gumme of a great tree of Jude.

IT is a Gum of a tree of Jnde, whose bignesse, & breadth of the braūches be so large, that a. C. men or more, may be shadowed vnder the same: this tree groweth neere the sea syde, and the people of Jnde do couer theymselues from the heate of the Sunne vnder the shadow of the same. There

Riach founde first Campher

was a certayn kyng among them called Riach, which found out the worthy vertue of thys Gum, and from the base coullour thereof did by arte change it into shining whytnesse, whych is the best Campher, all the other is but base and of small estimation. Some also say that Cam-

Sundry opynions of Campher.

pher is a heauenly influence, cast downe by the violence of thunder, and lightning, and is gathered out of the earth like vnto Sulpher or Brimstone, although it be by the iudgements of Serapio and Auicen cold and dry in the third degree, and cōmeth from the Meridian part of the World: but there is mutch craft and sophistication of the Campher, through the craft & subtilty of straungers before it is brought into the Realme. But if you wyll

Howe to know good Campher.

know good Campher, do thys, take a new Manchet hoat from the Ouen and cut it a sunder in the middes, then put in the Campher and cloase the loafe loose together, then if the Campher do cast a moystnesse, it is the best argument to proue it to be good Campher, but if it remayne dry like vnto earth, then it is false, and counterfait: good Campher wyll burne vppon Snowe, and also in Water, it ought to be kept close, couered about wyth Flax seede, Pepper, or sutch lyke, for by it selfe it wyll waste away quickly: it is put in many goodly oyntments to quench the heat that is aboue na-

Campher wyll quench nature.

ture & to extinguish carnall Lust, as to temper it with the Juice of Nightshade, Vinegar, and water Lillyes, then to anoynt the Testicles or priuye partes, and this shall quench the heat of nature: it wil also reconcile sleap,

To cause sleape.

to make an oyntmēt with Rose water, Oyle of water Lillyes, & Womans Mylke, and to annoynt therewith the Temples, and Foreheade. Planten water and Campher, wyll stop the bleeding at the nose: it is put in goodly oyntmēts to clense ỳ spots from the face, & the filth from the skin: it preserueth the eyes frō blindnes tēpered wyth medicines accordingly. It stop-

To stop the whites & running of the Raynes.

peth the running of ỳ Raines & white Fluxes passing from Womē, drunk with the Juyce of water Lillyes: it is good agaynst ỳ Pestilence, & finaly it wyll preserue a dead body from stincking putrifaction. And thus I end of Campher called Caphura. Vitex called Agnus Castus is also of the Na-

Agnus Castus or Vitex for chastity.

ture of Campher, to dry vp the seede of Generacion, but in complexion as

Galen

Galen sayth, it is hoat and dry in the thirde degree, bitter of taste and bynding Reade Galen therof. lib. 24. cap. 9. And Dioscorides the fyrst booke the. 116. Chapter of the nature of Agnus Castus doth greatly laude it for ỳ syngular vertue, being so goodly an instrumēt for chastity. And how the Women of Athens that professed chastity did straw the Leaues thereof about their Beds. And thus I do end of Agnus Castus, that is to say, chaste

Marcellus.

What is the nature of Sulpher, called Brimstone?

Hilarius.

SVLPHER called Brimstone, is hoat and dry in the fourth degree: with this Sulpher, and fyre, God plaged the People of Sodom, and Gomor, for their abhominable Sinnes against Nature. Sulpher is one of the simples put into the receypt of Gunpouder, wherewyth God by his instruments hath plaged the proude World with, through mercilesse Gunnes. Sulpher is found in diuers partes of ỳ worlde, as in vaynes of the Earth, Welles, Pittes, aswell in the colde partes of Iseland, as in the hoat partes of Inde. Of a sulpherous humour it is presupposed that the waters of the Bathes heere in England haue their continuall warmnesse. Also in Italy in the fielde Senensis, vpon ỳ mountaines not farre from the warme Bathes of S. Philip, is mutch Brimstone founde, therefore it is none errour to say that the hoat Bathes haue their originall spryng of Brimstone. Sulpher hath vertue to dry vp Scabbes being tempred wyth fasting spittle, Vinegar, and Swynes grease. It also helpeth Leprous, Scabbes, and Pores, being sodden in Oyle Debay, and sharpe Vinegar. And Galen sayth, that it doth resist the venom of Serpentes. Notwythstanding through the heate thereof it wyll exulcerat, if it be not corrected. And thus I end of Brimstone, the whytest & cleerest is the best.

Sulpher or Brimstone.

Bath spynge came from a vayne of Brimstone.

To clense scabbes.

Marcellus.

Hetherto haue I not remembred the noble Rose, wyth his singular vertues, I pray you shew mee the nature of the same?

Hilarius.

DIOSCORIDES wryting vpon the Rose. lib. 1. Cap. 112 sayth that the Rose is colde, and bynding, and is friendly vnto the eyes. Roses being fyrst dryed in the shadow, and sodden in Wyne, the same lyquor is good for ỳ paines in the heade, Eyes, and eares, the places to be washed or annoynted therewyth. The Oyle of Roses is of a syngular vertue to bee put in Linementes, for to coole hoat burning Vlcers, inflamations, and sutch like, because it will resolue, & also extinguish, & comfort woundes in the head, through any stripe or fall. And of this Galen doth remembre lib. x. simplic. medic. de sanguine. There is a precious oyntment of Roses called Vnguentum Rosarum, whose vertue is to extinguish the heate of the Raynes of the backe, and it reconcileth sleepe for to haue the Temples, and Forehead anoynted therewith, if it be made sweete and white according to Arte.

The Rose, a friend to the brain, & eyen.

Oyle of Roses for ỳ head.

There are fewe Cordials can wante the helpe of Roses, and Rose water.

And as Dioscorides sayth, when the Rose is pulled from the bushe, the whitest must be cut away from the red wyth a payre of Sheeres, whych red leaues must be dryed, preserued, or stilled to the vse of medicine. There bee dyuers and sundry kyndes of Roses, as the red Rose, the whyte Rose, and the prouince Rose, whych is excellent in medicine, and most pleasant to be smelled vpon, comfortable to the Brayne, and Heart: among all Flowres none excelleth the prouince Rose for his manyfolde vertues: as agaynst ỹ trembling of the heart, dimnesse of sight, frensies, lacke of sleepe, corruption of the Ayre, heate aboue Nature, Flires. &c. Of Succus rosarum is made the most excellent electuarie to purge choller with all. The waters of Roses excelleth all other waters, if they be purely stilled. Read Plinie the 21. lib. cap. 4. whych wryteth most copiously of the natures, shapes, & vertues of Roses. The more leaues that Roses haue, the preciouser they bee. The best Roses of the World do grow in Italy, and Fraunce. The Roses of England bee not mutch inferiour vnto theym. The little yellow tuftes growing within the Roses, finely beaten into pouder, be holsome to stanch bloud, to kill Wormes, to cleanse the Canker in the mouth, and to take Pollipus from the Nose. There be also many wylde stinking Roses, as Theophrastus maketh mention. lib. 6 cap. 6. de historia Plantarum. There is also Rosa Solis which is distilled to make a water compounded to preserue nature withall: and thus I do end of this precious flower called the Rose, which the Arabians for the excellent sweetnesse thereof doth call Narde.

Sundry kindes of Roses all of great vertue.

The best Roses be in Italy.

Marcellus.

What is the nature of Alum?

Hilarius.

Alum.

Dioscorides doth remember the same in his. 5. booke, the 22. cap. saying it cõmeth out of Ægypt, founde where as mettals do grow, & in many other places, as in Melo, and in Macedonia: also there is great plenty thereof in Italy, whych is most whyte and cleare, it is hoat and dry in the fourth degree, and is very holsome in the cure of Cankers: and if it bee sodden wyth Plantan water, it helpeth vlcers ỹ seeme incurable: sodden wyth Hony and Vinegar alone, it will stablishe & make fast teeth. Alum doth cleanse & scoure, & is vsed in many medicines: burnt alone, maketh Corosiues to corode, consume, & take away dead flesh: you may reade more thereof in Galen. lib. 4. simpli. medica. of ỹ vertue of ỹ clensing, and the scowring. Alum is profitable in euery common wealth, where as good clothes be made.

Alum for the Canker.

Burnt Alum consumeth flesh.

Marcellus.

What is the nature of Quicksiluer?

Hilarius.

Quicksiluer or Mercury.

There is mutch variety wheather it should be hoat or colde in the. 4 degree, but it should seeme rather to be hoat, by reason it doth dissolue and pearce: it hath vertue to consume, and it is perillous to be vsed in oyntments to kill scabbes with all, for it is percing, and subtill, that at length it will come into the inwarde partes, where as finally it will mortify and kill. It is founde in Minerals of Syluer, and is a destroyer of other mettals. Wyth this Quicksiluer and Sal Armoniake, is made

is made Mercury sublimate, whych must bee kept in a close vessel, adusted in a Ouen, or burnt vntill it come to the couler of whyte Suger, whych Mercury sublimate is vsed of Chirurgians for to cleanse foule vlcers and soares, and is a poyson inwardly to be taken, except with al speede after the same a vomet be taken of Oyle or Azarabaccha. If Quicksiluer bee taken inwardly, it is also pearillous, and nothinge better to helpe it, than to drinke Wormewood wyne with the seede of Clary boyled therein. Marueylous thinges be done by meanes of Quicksiluer as the Chimistes doth know, and yet for all that wee see little Golde multiplied thereby. Thus to conclude, Quicksiluer may bee conueniently ministred in oyntmentes, to heale the Pox. Mercury sublimate.

Marcellus.

I pray you what is the nature of Atramentum, of the Minerall?

Hilarius

It is a naturall Corosiue, and hoat and dry in the third degree. Atramentum.

Marcellus.

What say you of vnslecked Lime, called Calx viua?

Hilarius.

IT is hoat and dry in the third degree: vnslecked Lime, oyle of Roses, ỹ Iuyce of Enulacampana and Vynegar, strongly beaten together in a leaden Morter with putting in Terebintine: maketh an Oyntment whych will heale scabbes, infecting the Thighes, or Legges, and al rotten vlcers. Calx viua Lime, helpeth rotten soares.

Marcellus.

What is the nature of Verdigreace?

Hilarius

Verdigreace.

IT hath vertue to consume superfluous flesh, and doth mundefie rotten humours, filthy vlcers, deepe stinking soares, and rebateth & consumeth proude flesh, and is the chiefe thing in Vnguentum Ægyptiacum, for Verdygreace, Hony, Roche Alum, Wax, Oyle, and Vynegar, sodden together in a conuenient vessell, sturred together wyth a sticke till it come to a thycknesse, this oyntment is good Ægyptiacum whych hath the foresayd vertues, and is hoat and dry of nature. Vnguentum Ægyptiacum.

Marcellus

What is the nature of Spodium?

Hilarius.

SPodium is colde and dry, and tempered with Roche Alum, it will heale vlcers, and Canbred matter in the mouth. Spodium.

Marcellus.

What is the nature of Minium?

Hilarius.

MINIVM is vsed in dyuers linementes, and Cerotes, and by burning in the Furneis, it is made of Ceruse, and of nature is colde, and dry. Minium and Ceruse.

Marcellus.

What is the nature of Vernishe?

Hilarius.

Varnish. IT is good for Armorers, it hath vertue also to scower and clense scares, and woundes, and is hoat and dry in the seconde degree.

Marcellus.

What is the vertue of Sope?

Hilarius.

Smigma or Sope. SMigma is called Sope. Sope cannot be forborne in any common wealth, for washing of Lynnen, and clensing of the Bodies of Men and Women, whych be defiled wyth sweate and filth, through trauell & labour. But it is perillous to be put into woundes, because it maketh separation: notwithstanding, it is hoat & dry, yet it doth neyther burne, nor adust. French Sope, Nighter, common Salt, ana. ℥. j. put in a little close stone vessell, with three spoonefulles of Vinegar, let it stande in the Fourneys, vntill it be dryed. Thys is good to wash the heade, in a little Malmesy, where in Azarabaccha hath bin sodden, agaynst al coldnesse, and dulnesse of ỹ Brayne. French Sope mingled wyth the pouder of Elleborus Niger, called the roote of Beares foote, Verdigreace, Litarge of Siluer and Golde, Tartar, and Quicksiluer corrected, beaten all together in a Leaden Morter wyth the Juyce of houselike, and Stonetrop, maketh a goodly Oyntment to kill Tetters, blacke Morphew, Ringwormes, Spots, and Melancholy, infecting the Skin. French Sope, Oyle of Roses, and the white of an Egge beaten together, are good agaynst scalding, or foule stinking Scabbes, or itch. If Sope bee applied in a Walnut shell to the Nauell of a childe, forthwith it wyll cause the vryne speedely to purge. Sope is vsed also among the emperikes, or vnlearned practicioners to be takē inwardly, to prouoke vrine & stoole: but thys practice is not to be cōmended. And thus I end of sope, called Smigma.

French sope.

Sope wyll kill Tetters.

Marcellus.

What say you of Leade?

Hilarius.

Leade wyll coole, & helpe soares. GAlen. lib. 9. simpli. medica. sayth Leade to refrigerat and coole, it hath also humidite, and is a little earthly of nature, cold and moyst in the second degree, and is good agaynst foule cankred soares, and filthy vlcers, fistulaes, Emeroides. &c. thus washed.

Burnt leade. White or red Leade beaten wyth an Iron Pestill in a Leaden Morter poozing in oyle of Roses, or Vnguentum Rosarum, labour it well, and then it will make a good oyntment for hoat burning soares, & will resolue ỹ hardnesse of them. A plate of Lead is good to coole the burning of the raynes: Plumbum vstum burnt Leade wyth Brimstone, hath vertue to corrode and waste superfluous flesh.

Iron do mūdifie & clense. Iron doth mundify mutch, and is colde and dry in the second degree, so is Scoria or Rubigo, called ỹ skales or rust of Iron, but more dryer: stamped in a Leaden morter, wyth Vynegar and oyle of Roses, it maketh a good cooling & drying oyntment. And the rust of Iron beaten fine and sodden with strong Vynegar is holsome to be dropped into soare running eares, reade Galen, lib. 9. simplici. medicam. Calebs, or Steele made hoat, quenched in red Wyne and dronke, doth stop the Flixe.

Spodium

Spodium is cold and dry of nature, blackish and heauy, tempered with Olibanum, sanguis draconis, and Beanemeale beaten in a Leaden morter, it will stop bloud. Spodium with Roch Alum, and strong Vinegar, beatē together, wyll kyll the Canker in the mouth. Spodium commeth from Furnaces of Brasse, or Copper Reade of this Dioscorides, lib. 4. cap. 46. and Galen, lib. 9. simplic. medic. Of Spodium and Pompholix, it is rather a kinde of Cadmia than Tutia, and is tollerable to put into Collyries for sore Eyene.

Spodium stop pith bloud.

Cadmia.

Golde, the most pure and vndefiled mettell, not Leprosse which Sol hath digested by heauēly influence. This mettell is most rich. This gold is not more profitable to our worldly businesse, than holsome for medicines, specially as Auicen sayth, for to put away Melancholy, and to make burninge actual cauteres of Gold is holsom, as if any filth be in the mouth, to burne the same wyth Golde is most best, so it is whan ỹ vvula is fallen: a Cautery of Golde is best, in medicens of Cordials. Golde is holsome to beaurate, or gilde Losinges. And for the dimnesse of sore eyen, Golde is tollerable for thē in some Colories, & is good for Leprosés: all Mettels will corrupt, when as Gold wyll remayne vndefiled. God graunt wee vse Golde as a seruaunt, but not as a Mayster, for then wee are bonde Slaues: for Gold wyll not helpe in the day of vengeance.

Golde ỹ most vndefiled, and pure mettel.

Gold put into Cordials.

Marcellus.

What say you of Salte?

Hilarius

WIthout Salte we lyue not, it is vsed commonly in our meates. wyth Salt, Flesh, Fish, and many fruicts be preserued. The great Ocean Sea is Salt, through which Saltnesse the earth is kept from poyson, through the exhalacions, or vapour comming from it. Salt is of nature hoat and dry, and hath vertue sayth Dioscorides lib. 5. cap. 85. to scoure, stop, warme, dry, and mundify, and defendeth from putrifaction, and is put into suppositories & Clisters to clense, wyth Hony & Vinegar: with Organ, and Hysop it maketh a good medicine agaynst stinging, or byting of Dogges, Snakes, Adders. &c. Salt, Vinegar, and Sugar sodden together, maketh a good holsome drynke agaynst the drynking of Opium, or eating of the Moyroms called Fungus. Salt is good agaynst the vlcers of the mouth, to burne Salt, and make it white, wash it once in Water, poure forth the water, and gather the Salt in the bottom, and put it into a stone vessell couered, and put it into the Ouen, & couer it with coales, and dry it, and so it may be vsed in medicine. Oribasius affirmeth Salt to be compoūded of matter Absterstiue and stiptike, whych is matter bindinge, and drying moyst humours: but salt is not good for leane persons, it wyll make them seeme old, and mooueth anger to the Chollerike. Mutch salt is made in England, as of Sand and Salt water Pits, in Hollande in Lyncolnshyre, and only by a marueylous humour of water, at the Wytch, far from the sea: and in ỹ North there is salt made, at the shiles by Tinmouth Castle. I Bullein the author hereof, haue a pan of salt vpon the same Water. At Blith in Northumberland is good salt made, and also at sir Jhon Delauals Pannes, whych syr Jhon Delaual knight hath bin a Patrō of worshyp, &

Salt, what it is.

Salt hath vertue to warme & dry.

To dye Salt.

Salte not good for leane persons,

Sir Jhon Delauall, a good knight.

ship, and hospitalitie, most like a famous Gentleman, during many yeares: and powreth no man by the salt of extorcion, or oppressing his neyghbour, but liberally spendeth his Salt, Wheat, and his Vault, like a Gentleman, I neede not put his name in remembraunce in my booke, for it shall lyue by immortall good fame, when my poore booke shal be rotten, Deare brother *Marcellus*.

The flowe-yng of Salt at Nilus.

There be also sundry kindes of Salt, among which there is a Salt flowing about the brinkes of that famous Riuer Nilus called Flos Salis, the flower of Salt, of a Saffron colour, of tast and sauour vnpleasaunt, whych Flos Salis is put into sundry Oyntmentes to heale sores about the priuye parts, or other places of the skin. In colliries it is tollerable for to clense sore eyen. And tempered with Vnguentum Rosarum, or other Ointmentes, it moueth sweat to all the body, well rubbed with the same.

Sal Gemmæ

Sal gemmæ, is a Salt of the earth, plenty is digged thereof in Calabria in a place called Altomonte, and is cut forth like stones most cleare Translucens, or through shinyng like to Chrystall, which if this salt be cast into the fier, it will not cracke nor breake, but kepe styll whole, burnyng like Iron. Plinie maketh large mencion of Salte. lib. 21. cap. 7. saying that Salt is either growing naturally in the Earth, or in veines of hilles. &c. or els made of Salte water sodden in Pannes, vnto a thycknesse, whereof common Salte is made.

Plinie of salt.

Salt Armoniac is hoat and dry in the fourth degree. sayth the Pandect, saying that it commeth from Armoniac, and is made of Camels vryne: but it is called of the best writers Sal Ammoniacus, that is found vnder ỹ sands in Aphrike neare vnto the Oracle of the God Ammon, and also in the regiõ called Cyrenaica, which salt is blacke without and whyte within like Alum, but not very bright, noisome to the mouth, but holsome in medicine, to clense the skinne, myngled with Campher and Rosewater tempered together and made warme: Many and sundry Lotyons for Apostimacions and sores, be made with these saltes, and they must be mingled with other simples.

Sal armoniac, doth clense the skinne.

Salt of Inde

Sal Indus groweth in Inde, through the heat of the Sunne, vpon Reedes, which salt is much lyke Suger. With Suger and common salt, the Apothicaries do sophisticate and craftely counterfeit this Salt.

Sal Niter. or Peter, for Gun pouder.

Sal Nitrum, or Saltepeeter. is digged in vaultes, flowers of houses, or walles, which Salte is white, whan this is prepared: thereof wyth other receiptes, as Cooles, Brimstone &c. is Gunpouder made, wyych doe shote of Gunnes, whych are the instruments of Gods wrath. And Spuma nitri, is is called Barach of the Arabians: of these saltes read Dioscorides. lib. 5. cap. 86. Galen, lib xi. simplicium medicamentorum: further sayth Galen in the same booke, there is salt made of the water of Maremortuum, the dead sea, whereas Sodome and Gomor stoode, called Asphaltum.

Spuma nitri or Barach.

Salt of Mare Mortuum.

Whereas Sodome stoode.

Asphaltum.

Salt of ỹ Earth is grosser, and more colder astringing, than the salt of salt water. but there is a salt called salte vpon salte, whych is very good to the vse of Man, so is Baie salt, whych through the Marche wynd is so made and fynished, which wyl contynue for euer lyke stone, beynge kepte close, but

yet

yet Salt peter wyll grow therein at length: and thus I end of salt, which the Arabians call Melha.

Marcellus.

I haue seene sundry saltes before this time: as white salt & Bay, whych we do vse to pouder Flesh, and Fish wythall. I woulde your salt Peter had neuer bin knowen, whereby Gunnes do so mutch mischiefe, and ỳ noble state of Mankinde through them are decayed, yea through a very vile Coward or Boy, often the valiaunt man is slayne & cast away, But Hilarius, I will a little more proceede in simples, and leaue Gunning matters, to the Men of warre, or Seruitors to ỳ noble Prynces: now I pray you what is the nature of Spuma maris, and Fumus terræ?

Bay Salt.

Boies can kil the strongest men wyth Gunnes.

Hilarius.

THese are two cleane contrary simples, of ij. sundry natures, the one of the land called Fumaria, an herbe ingendred of the Fume or vapour of the Earth, Dioscorides. libi 4. Cap. *105.* in forme mutch like Coriander, and in couler like Ashes, purple flowers, bitter of taste, ỳ Juyce will make cleane sore eyen, and thys Herbe drunke, the Decoction thereof wyll purge choler by vrine. Fumus terræ, or Fumaria, is good agaynst the stopping of the Splene, Lyuer, Gaule, or Raynes, and doth make strong the Ventricles, through the dryneſſe, warmneſſe, sharpneſſe, & bitterneſſe, sodden in Wyne, stilled, or in syrupe, and so drunk. And so I do end of this Fumus called Capnos: but as for Spuma maris, the Fome of the Sea, it hath vertue to clense, scowre, and, dry and is cold and dry in the third degree: it is good to rub the Teeth, to clense them: and the fyne pouder thereof wyth the white of an Egge, Rose water and Sief beaten together, put into the eyes, doth clense them, and taketh away the Web: and thus I do ende of Spuma maris, or ỳ Stone whych the Scriueners do rub, and make cleane their Parchment wythall. What haue you els to say?

Spuma maris Fumus terræ.

Against stopping of the Splene. Fumitery doth preuayle.

Spuma maris doth make clene ỳ teeth.

To clense sore eyen.

Marcellus.

What say you of Spongia, the Sea Sponge?

Hilarius.

GALEN. lib. *11.* simplic. medic. sayth that they did vse Sponges to be a manuel instrument to receyue bloud, where with they vsed to wype and dry bloud in Woũdes: and also they do receiue thynges to stop bloud. A sponge is hoat in ỳ fyrst degree, and dry in the second, it is of a resoluing vertue. A sponge adust, or burnt not mutch, the pouder thereof wyll consume flesshe, whych is superfluous, and may be put in Woundes of the Head. Wyth a Sponge whych is soft, tentes for the heade may bee made. Wyth sponges sodden in Wyne, and Oyle of Capers it is good to washe, and chafe the left side: nothinge is better to anoynt the Stomacke for a Pleuresy than wyth a spong in warme Oyles, as of Wyntes, Chamomel, Roses, the grease of Hens, Capons, and Duckes. Newe sponges are holsome of them selues, & wyll heale woũdes, wout any thyng put to thẽ. Old sponges be euil. Pitch & the Ashes of Sponges together, wyll stop bloud.

Sponge of the Sea.

Sponge good for Woundes.

Sponges new are good but olde are euill.

A sponge

Sponge stones do breake the stone.

A sponge sodden in Hony, will heale and resolue Woundes, and harde Apostumations. Reade more therof Dioscorides, lib. v. cap. *96*. and *Aristotle* of the nature of sponges, whych grow among the rockes of the Sea, and haue stones in them beaten in pouder, and drunke, wyll breake the stone in the bladder.

Marcellus.

What say you of Coral?

Hilarius.

Coral groweth in ỹ Sea.

THe Indians haue Coral in no lesse estimation, than we haue their Diamondes and great Perles. Dioſco. lib. *5*. Cap. *97*. calleth Coral Lethrodendron, whych is a braunch growinge in the bottome of the Sea, whych by certayne meanes is drawen forth, and soone turned into hardnes, and eftsones into a stone: we do see of this Coral great plenty of beades, more vaine glorious, than religious godly. Of Coral be two kyndes, ỹ red which is best, and white, which of nature be cold and dry in the second degree, and be restrictiue and stopping. Coral beatē in pouder, myngled with Dragons bloud, whytes of Egges, Bolearmeni and the Juyce of Sheperds purse, Knot grasse, and Rabbets woll beaten in a Leadē Morter, will stop bloud. The pouder of Coral drunk wyth Wyne, prouoketh vrine, and wyll rebate the swelling of the Splene, and finally as Anicen sayth, doth comforte the heart, and helpeth digestion. The Pouder of Coral wyll cleanse woundes, in whom flesh superfluous doth remayne, and also heale ỹ same. What is beter to stop a bloudy flixe, called Dysenteria? it stoppeth both the flix of men, running from them in their sleape, and also the whites from Women. Reade more in Matthiolus vpon Dioscorides, lib 5.

Coral of two kyndes.

To stoppe bloude.

Coral prouoketh vrine,

Marcellus.

What say you of Pearle called the Margarite?

Hilarius

The Margarit or Perle good in Cordials.

THe pearle is not only riche and pleasant to behold, but also holsome and good in medicine. Plinie. lib. *9*. cap. *35*. sayth, that there be plenty of Pearles in Arabia, in the mouth of the Red sea, growing within the shelles, called the mother of Pearle, in whych they are conueyed: the vnion which is cleane, bryght, whyte, round, and heauy, is the richest. The pouder of Pearle is good to be put in cordialles, as Manus Christi, and the same pouder with the white of an Egge, will clense the eyes. About thys Realme many Pearles be gathered in Muscels, and other Shell fishe, but not the most orient.

Marcellus.

Is there any vertue in Lapide lazulj?

Hilarius.

Lapis lazulj.

THere is nothing better to purge Melancholy. There be Pilles called Pilulæ de Lapide Lazulj, against olde Quartens, or Madnesse: thys stone is colde and moyst.

Marcellus.

What say you of Saphyrus?

Hila-

DIOSCORIDES affirmeth, this heauenly coloured pre-cious stone, is wholsome to be drunke against the stinging of Serpents, to resyst the poyson: and being drunke it helpeth all vlcerations of the Guttes, and also is holsome for sore eyen, to cleare the sight. Many goodly vertues are belonging to the Saphyr, as chastity &c Yet it is not cold inough for the quenching of Venus They say the Turquois wyll kepe a man from fallyng, but it is a lye. The rich Hemerald, some saye, wyl declare whan the knot of Mariage is vndone, and than it wyll separate and break a sunder, and that were a perilous case to lose a good Jewel for an euil wife: with many such foliſh old fables gathered out of some writers which haue rather vnwittily reported, than truly proued the nature of stones so farre passing theyr natures, although they be of great vertue, and both pleasaunt and profitable to mankynd, and nothing vnder heauen more rich or costly.

Saphyrus resist poyson.

Fables gathered.

Marcellus.

IF the Emeraldes would so quickly breake or cracke whan such parts be played, I assure you there would be great losse in costly Jewels, and some separacion of friendship, but they be of mutch vertue and patience when such offences be committed, that they wyl tell no tales by breaking themselues: well let this matter passe, it is but to feare folkes withal, and I pray you what say you of Lapis Naxius, and the Iasper.

Hilarius.

THe pouder thereof with Beares grease wyl increase hayre, and kepe one from baldnesse. This stone wyl make smal a maydens Breastes, and defend them from growyng: if the pouder thereof with Vineger be drunke, it wyl consume the greatnesse of the Spleane. And this stone is good against the falling syckenesse. The Iasper is holsome to bee hanged about the necke, downe to the mouth of the stomacke, for it is comfortable to the same sayth Galen, lib. ix. simplic. medicamentorum.

Lapis naxius, helpeth to increase hayre.

Iasper doeth comfort digestion.

Marcellus.

What then of Lapis Tucia, and Lincis.

Hilarius.

IT is vsed in many vlcers, and foule stinking Cankers, for through the coldnesse and drynes, it doth clense and incarnate foule sores: and this Tucia is most excellēt, if it be prepared, to be put into Colliries to clense the eyen. What is better wyth Planten Water to clense the yard? Lapis Lincis, is hoat and dry, ingendred of the dryne of Lynx, and is good in pouder. ℈ iij. to be drunk at once, or put into Cassiafistula, ʒ. i. to consume the stone, and clense the Raynes.

Lapis Tutia and lapis Lincis.

Marcellus.

What say you of the stone called Byzabar.

Hilarius

THe Arabians do call it Bizabar, whych Stone is precious, and resysteth Poyson, and is put into precious Antidotaries whych preuayle agaynste

Bizabar a precious

Stone agaynst poyson.

all foule ayre, pestilence and venim. This stone is yellow wythout oder or smell: if it be hanged vpon the left arme, touching the flesh, it wil preuaile against the forsayd euils. looke Matthiolus lib. 5. Dioſco. cap. 73.

Marcellus.

What then of Lapis Phrygius?

Hilarius

Lapis Phrygius for sore eyen.

GALEN lib. ix. simplic. medic. with this stone combust sayth he, I vse to help or clense stinking vlcers, and it hath the same vertue that Lapis Pyrites hath. And of this stone, medicines be made for sore eyen, myngled with Collyries accordyngly. And thys stone called Pyrites looketh lyke Brasse, and wrapped in Hony, then put it in a small earthen Pot such as Goldsmithes do vse, and set it in the fyer blowyng vntyll it be red hoat so coule it: and this stone in pouder wyll clense scower, and consume flesh superfluous.

Pyritis lapis. against proud flesh.

Marcellus.

What say you of the Hæmatist?

Hilarius.

Alexander Tralianus vpon the Hæmatist for the flixe.

IT is cold and bynding of nature. Alexander Tralianus sayth, I haue often times without any Thyriaca or any precious medicine cured many, namely by the Hæmatist stone, for them that had the bloudy flix: and wyth the Pouder of this stone, the iuices of Pomgarnets, and Knot grasse, myngled together: of this .ə. iiii. was his dose in this iuice for the flix.

Marcellus.

What say you of Jette.

Hilarius.

Ieta for the Mother.

THereof is great plenty in England and Ireland, and at Whitbe in the North: it hath vertue beyng drunk to clense the bladder: & burnt, the Smoke doth helpe them which swell and are in peryll wyth the Mother.

Marcellus.

What say you of Lapis Magnes?

Hilarius

The magnet stone.

THe best is that whych wyl draw Iron or Stele to him: geuen three halfe peny weight in pouder tempered with sweete water, it wyll cast forth fylth and groose matter out of the body. Plinie sheweth. lib. xxxiiii. Cap. xiiij. that one builded a Temple, couered with this Magnes stone, wherein hys Image with pompe was brought in, which was made of Iron, which ascended by attraction, and did hang in the roffe, his name was Arsion. The Arabians and Mahumetans did in like case bryng in the steele Toumbe of maister Mahumet (theyr vaglyng false Prophet) into a Temple of Magnes stones, whose nature was to draw the sayd Toumb vp. But the best seruice that the Magnes doth, is in the Ship, for the compasse of sayling in true settyng the needle. Also in plasters the pouder thereof to draw forth Iron or prickes from the flesh.

Marcellus.

What is the vertue of the flesh of Oxen, Steeres or Bulles, and Calues.

Hilarius

Hilarius

I wyl not vndertake to shew myne opinion at your request onely, but I wil also declare the mynds of some wise and learned men: and fyrst of Simeon Sethi, who saith that the flesh of Oxen, that be younge doth mutch nourish and make them strong that be fed wyth Beefe, but it breedeth choller adust, and melancholious diseases, it is cold and dry of nature, and hard to digest, except it be eaten of cholericke persons, but being tenderly sodden, it nourysheth mutch: Beefe customably eaten of idell persons, and nice folke that labour not, bringeth many diseases, as Rasis saith: and Auicen saith, that the flesh of Oxen, or Kine, be very grose, ingendryng ill Juice in the Body, whereof oftentime come scabs, Cankers, and Biles: but vnto hoat strong cholerike stomackes, it is tollerable and may be vsed as wee haue the daily experience thereof. The brothy wherein the Beefe hath ben sodden, is good to be supped or drunke half a pynte euery mornyng against the flix of the belly, and running forth of yellow choller, if the sayd broth bee tempered wyth Salt, Mustarde, Vinegar, or Garlike, commonly vsed for sauces to digeste the sayd Beefe wyth all: for the said sauces doe not only help digestion, but also defend the body from sundry inconueniences, and dyuers sycknesses, as Dropsies, Quartens, Leprosies, and such lyke. The Gaule of an Oxe, or a Cowe distilled in the Month of June, and kept in a close Glasse, doth helpe to clense the eies from spottes, if you put a drop of this water with a fether into the eyes when yee goe to bed: the Milte of a Bull dryed, and the pouder thereof drunke with Red wyne, wyl stop the bloudy flixe: lyght poudred young Beefe is better: than either fresh or mutch poudred. in specially of those cattell that be fed in fayre and dry pastures, and not in stynking Fens. the great learned man Gesnerus in his description of beasts, doth wryte more of the vertues of Bulles, Oxen, Kine, and Calues, than any other hath don and thus to conclude, the flesh of the Male beasts, is more better than of the female, and the gelded beasts, be more commodious to nature than anye of them, and the young flesh more commendable than the old, for it is moyster, and a friend to the bloud. Haliabas sayth, roasted flesh doth greatly nourysh the body, for it is warme and moist: baked meates be very dry: cleane boyled meates wyth holsome herbes, and fruicts, be excellent in vertue to comfort the body if they be nutrimental flesh. Calues flesh doeth greatly increase nourish, and make good bloud. Specially the brawne or Muskels of the thigh, are best. sayth Maister Conrade Gesner, and further sayth he, if a man bewounded, then lay Calues flesh newly slayn to it, and this wyl defend the wound from apostumacion or swelling: and sodden in vineger, and warme applyed to any part, as armeholes, breast of them that stinke like a Ramme or Goate, it wyll take away the sayd stynke also it helpeth, the bityng of a Man or a mad Dogge, so that thys flesh remain vpon the sayd wound, during fiue dayes, and v. nightes close and not taken away.

Of the flesh of Oxen, steres, Bulles, and Calues.

Beefe good for the cholorike, but euyll for tender stomackes.

Beefe broth agaynst the flixe.

Oxe Gaule clense the eyes

Oxe Mylte stop the flixe.

Gesnerus writeth mutch of bestes, the male better then the female.

Calues flesh the profit thereof.

Against Ramishnes vnder ỹ armes.

Celsus for a vomitte.

Celsus in hys medicines agaynst the byting of Serpents, if nothyng can sucke it forth by medicine or boring, sayth he, then drinke the broath wherein Geese or Veale hath ben sodden, and then prouoke vomit.

Great is the goodnes of this flesh, both in meat and medicine. Take the knuckel or sinew part of a Calfe, seeth it in Wyne and water, puttyng in Dates, Prunes, Reisynges of the Sunne, grated bread, Maces, Cloues, Fenell rootes, Liuerwort, Planten, Purslen, fresh Capers, Borage, and Rosemarie flowers, sodden all together in a siluer, iron, or stone pot, close boyled that no aire can go forth. You may put in half a Cocke: this flesh and broth giueth health to them that are in consumption, weake bodyes, or them which be euill complexioned, or cold of nature. ouercome by Melancholy. &c.

Marcellus.

What is the goodnes of Porke, or of gelded swine, Pigges, and Bores flesh. &c.

Hilarius

Porke the commendacion thereof.

MOst of the auncient, and wisest Phisicions that euer were in this world, dyd consent, that of all flesh, the flesh of young gelded swyne, partly salted or poudered, was euer meat of the best nourishing, moyster, and colder than other flesh. For Isaac sayth, it is a flesh most moyst, except it be the flesh of Lambes. as Galen reporteth: yet it is not good for euery complexion, nor to euery age, but vnto youth and myddle age. And whereas Almighty God, dyd prohibite the Jewes to eate swynes flesh: it was a figure to abstayne from vnclean thyngs, whych I leaue to the diuines. The Mahumites abhorre swynes flesh, because their drunken false Prophet and Pseudo Apostle was torn, and rent in pieces with hogges: beyng drunken and fallen into the mire. & now we must giue credence to tyme, and to learned Phisicions. The Bloude of Swine doth nourish mutch, as is seene in Puddinges, made with greate Otemeale, Peper, sweete suet, and Fenell, or Anisseedes. Younge Pigges be very moist, therefore Sage. Peper and Salt doth dry vp the superfluous humors of them when they be rosted. They be not wholsome to bee eaten, before they be three weekes old: the Trypes and Guttes be wholsomer, and do nourysh better, than any other beastes Gutts. Bacon is very hard of digestion, and mutch discommended of some men. and is hurt full onely vnto a hoat Cholerike labouryng body. but a tender gammon of Bacon is tollerable, and very good flesh with wyne as custome doth proue it.

Swines bloud.

Pigges

Tripes.

Bacon.

Agatharsides sayth, that the swyne in Æthiopia haue hornes growyng vpon their heads, there be diuers kynds of swyne, both wyld, & tame: whose inward partes, be not mutch vnlike vnto mankynd, and for that Galen began to make Anatomies of them, in the beginning of his practise, teachynge the Chirurgians to do the like. These kynd of beastes do heare very easely, and be giuen mutch to sleepe, and will eate their owne Pigges, and feede vppon most vile thyngs: for which cause they haue most vile diseases, as Angina in the throat, sores, botches, and byles. If they be letten bloud in the veyne vnder the tongue, and Madder be giuen them and an herb called Panicis, otherwise named in Latine herba Trinitatis, it helpeth them, if it bee sodden in Whey. Those swine that vse to feede by the sea side. & eate of young Crabs, be deliuered of many diseases: if they doe feede vpon Polipodie, they shalbe deliuered

Swine of Inde haue hornes.

Why hogges are diseased.

liuered of the Pestilence. Amonge the Chrysten Men, Boyes flesh is had in great estimacion, to be eaten in Winter: and chiefly vpon Chrystmas day. Galen doth greatly commend the same flesh, or Braune, to be eaten in wynter: and also this Boyes flesh is proued in the tyme of Pestilence, to breake a plague sore. Boyes grease, and his stones, or any part of them, stamped together and warme applyed to the same sore, worketh that effect. And thus I do end of Swyne, which in their liues be most vile, noysome, and neuer good vntill they die.

Marcellus.

What is the vertues of Lambes, and Weathers flesh?

Hilarius.

Lambs flesh good rosted. euil sodden.

Simeon Sethi saith, Lambes flesh is partly warme, but superfluous moist, and euyll for flegmatike persones, and doeth mutch harme to them that haue the Dropsie, boneach, or a disease called Epialus, which is spitting of flegme, shyning lyke Glasse. Therefore, if Lambes flesh were sodden, as it is rosted, it would bryng many dyseases vnto the bodyes of them, without it were sodden in wyne, and some hoate Grosseries, herbes, or rootes. When a Weather is two yere olde, whych is fed vppon a good Ground, the flesh thereof shall be temperate, and nourisheth mutch. Hippocrates saieth, that the Lambe of a yere old, doth nourysshe mutch. Galen seemeth not greatly to commend Mutton, but that whych is tender, sweete, and not olde, is very profitable, as experience and custome do daily teach vs. The doung, Tallow, and Wolle, bee very profitable in medicines, as Plinie sayth, and Conradus Gesnerus, de animalibus. and Galen in his thyrd booke de Alementis,

Mutton.

Marcellus.

What be the vertues of Goates, or Kiddes flesh?

Hilarius.

Kiddes flesh very good.

These be beastes very hurtful vnto young trees and plants but Simeon Sethi sayth, that Kiddes flesh is easy of digestion, in health and sickneese, they be very good meate, they be very dry of nature. Hippocrates sayth, it behoueth that ỳ conseruers and kepers of health, should study that their meat be sutch as the flesh of Kiddes, young calues that bee sucking, and lambes of one yere old, for they be good for them that be sicke, or haue euil complexion. Haliabbas sayth, that the flesh of Kids, doth engender good bloud, and is not so flegmatike, waterie and moyste, as the flesh of Lambes: they remaine Kiddes for fiue monethes, and afterward come into grosser, and hoater nature, and then be called Goates: the flesh of them that be gelded are wholsom to eate, The lunges of them eaten before a man doth drynke, doth defend him that day from drunkenes, as I haue heard, by the reports of learned men: but the flesh of old male Goates is euyl, and engendreth Agues, or Feuers. If the Vrine of Goats be distilled in May, with Sorel the water distilled is not hurtful nor noisome, but whosoeuer vseth to drink therof. ʒ. ii. morning & euening, it wil preserue him frō the Pestilence. The Wilke of Goates I will describe in the proper place.

Flesh good for sicke persones.

Goates flesh.

Conradus. Gesnerus de animalibus Matthiolus super Dioscó.

Sarles Goatley

Marcellus.

What is the vertue of Red, and fallow Deare:

Hilarius.

Dere red and fallow, bee spoylers of Corne.

THey are more pleasaunt to some, than profitable to many, as appereth once a yere in the corne fields, the more it is to be lamented. Hippocrates, and Simeon Sethi do playnly affirme that ẏ flesh of them doth engender euil iuice, and Melancholy, cold diseases, and Quartēs: the flesh of winter Deare, doth lesse hurt the body, than that which is eaten in Sommer, for in winter mans digestion is more stronger, and the inward partes of the body warmer, and may easelier consume grosse meats, than in sommer, as we see by experience, in cold weather and frostes, healthfull people be most hungrest. The lunges of a Deare sodden in Barly water, and stamped with Penidies, and Hony, of equall quantity, to the sayd lunges, and eaten a Morninges doth greatlye helpe the old coughes, and drynesse in the Lunges: there be many goodlye vertues of theyr Hornes, bones, bloud, and tallow. Looke Conradus Gesnerus de animalibus.

The winter Dere better then the sommer.

The lunges of the Dere.

Marcellus.

What is the vertue of Hares and Conies?

Hilarius.

Of Hares flesh and Conies.

AVICEN sayth, the flesh of Hares, is hoat and dry, an engenderer of Melancholy, not praysed in Phisicke for meate, but rather for medicine: for in deede if a Hare be dryed in ẏ month of March, in a Ouen or Furnice and beaten into pouder, and kept close, and drunke morninges in Beare, Ale, or whyte wine, it wyl breake the stone in the Bladder, if the patyente be not old: if chyldrens gummes be anoynted with the braynes of an Hare, theyr teeth wil easely come, and grow. The gaule of an Hare mingled with cleane Hony, doth clense watry eyes, or red bloudy eyes. The flesh of Hares must be tenderly roosted and wel larded, and spyced, because of the grosenes, but it is better sodden. The flesh of Conies, is better than Hares flesh, and easyer of digestion, but Rabets be holsome, for meate of sycke people: and thus to conclude of Conies, experience teacheth vs, that they are good: they be cold and dry of nature, and small mencion is made of them amonge the auncient Phisicions, as Galen sayth. I neede not to speake very long of euery kynd of beasts, as some of the beasts that be in Hiberia, like lyttle Hares which be called Conies.

The pouder of the Hare, for the stone.

Galeni de simp, medica.

Marcellus.

What is the nature of a beast called Erinaceus, called the Porpentine, and Echinus called the Hedghog, which is ful of pryckes?

Hilarius.

Erinaceus or Porpentine for baldnesse. to increase hayre.

DIOSCORIDES lib. 2. cap. 2. saith, the skins of them combust or burnt, and beaten in fyne pouder, and tempered with Tarre, is a good oyntment for to increase hayre, and kepe of baldnesse. The dryed flesh of them sodden in Vineger and Suger, is good to be dronke

agaynst

against the stoppyng of the raynes, conuulsions, Leprosies of flegme, or an euyll complexion. The pouder of this Porpētine must be kept close in a vessell for medycine. The pouder of the Hare whych is dryed in March, must be vsed for the purging of the Raynes, and clensyng of the bladder, ꝑ sayed pouder is to be drunke with whyte wyne, and Cassiafistula. Also the grease of the Porpentine, or Hedghogge, with Beares grease and Laudanum, ana. ʒ.i. beaten in a Leaden morter, this is a good oyntment against baldnesse or losse of hayre, to rub the place daily therewyth. The Liuers of Porpentines dryed and beaten into pouder are good for the Raines, or Morbus Elephantiacus. These beastes be of cold nature. better for medicine than meate. and bee vermen or beastes of the nyght, armed against Dogges, with long prickes, and headed mutch like a Hare, with teeth according, and eares like an Ape. &c. The Urchin or Hedghogge is commonly knowen, and headded lyke a Swine or younge Pigge. The pouder of them as Plinie affyrmeth, beynge drunke, will helpe and defende the consumption: and thus I doe ende of this beaste called Echinus, which the Arabians call Caufed. The Urchin of the the Sea is good for the belly, stomacke and dryne. Dioscorides lib. 2. cap. i.

Hares pouder for the Raynes.

The Urchin or Hedghog.

Marcellus.

What say you of the Fiber, Beuer, or Castor?

Hilarius

This Castor liueth by water and land, he loueth to feede vpon Crabs and Cankers of the Sea. The stones of a Castor are a warme medicine, and preuayle against poyson, to be drunke or in oyntment. And the pouder of ꝑ same stones be good to moue sternutation or neesyng, blowē into the noose Of the pouder. ʒ. ii. with Penyroyall, called Pulial. ʒ ii. ꝑ tēpered together in wine and drunke, wyl cause a woman in her trauel soone to be delyuered, and the seconds to folow, and finally to clense the body, and helpeth swellings, collickes Iliaces, syghinges, Corpdiaces, Lytharges & poison drunke with Vineger: and in fine it is so warme, that it helpeth all the passions or sickenesses in the brest, belly, liuer, and sinewes, commynge of cold: the Beuer stones be best, that be most graue and stronge of sauour and haue a liquor mutch like Cerase within the Cod, and couered with a naturall couerynge. Plinie. xxxij. cap. iij. Castor is good to help the Comitiall or fallyng sickneſſe, to be drunke. The Oyle of them is also good for the Teeth, raynes. belly, brest, and to be dropped into the Eares.

Castor or Beuer.

Castor stones do help all cold infirmites both in men & women

Marcellus.

What say you of the litle beast Mustela, called the Weesell or Wezell, which is commonly knowen?

Hilarius.

This Mustela called the Weesel, is commonly known: and this Weesel, the flesh therof sodden in Wine & drunk, is a present remedy against all venim, poyson, and the Falling Sickenesse. with Vineger the grease of the Weesel sodden, is a goodly medicine to anoynt the Gout with all. The Bloud of Weesels is good to anoynte the Neckes. Throates, and stomackes of them whych haue Struma, that is, the swelling of the Throate

The Weesel is good agaynst the fallyng sikenes and Struma. Angina or swelling of the throate.

or the Falling sycknesse, or Palsie. The donge of the Weesell wyth Hony, Fenigreeke, and Lupines beaten together, is good to anoynt warme the throat, for the sycknesse called Struma: the gaule of the weesel tempered with the water of Fenell, is a present remedy for the dimnesse of the eye, to be put therein: and all the spottes as Morphew of the sam, is cleansed therewyth. The Lunges of the Weesell is good in pouder, to be dronk against all the infirmities of the Lunges, with many other Vertues of the Weesell, and properties, as to kyl Mise and Rattes, to serue in the house like Cattes, but the sauour of the saied Weesel is mortiferous and deadly. Plinie lib. 8. cap. 22.

For to heale the Morphew.

Marcellus.

What say you of Raynard the Fox, and the Beare?

Hilarius.

The Lunges of the Fox is good in Medicine, for the sycke Lunges of mankinde. The grease of the Fox is also good for all Coldnesse, Palsey, and the contraction of the sinewes, and trembling of the body. The Beare is a beaste whose flesh is good for mankynd: his fat is good with Laudanum, to make an oyntment to heale balde headded men to recouer the hayre agayne. The grease of the Beare, the fatte of a Lambe, and the oyntment of the Fox, maketh a good oyntment to anoynt the feete against the payne of trauell or labour of footemen. All the parts of the Fore, the Badgar, and the Beare are good in medicine, or meate agaynste the Palsey, trembling or coldnesse of the flesh, or any of them. Ther is a common fable among the people, that is to say a Beare hath a disformed Whelp in the tyme of delyueraunce, without Members, whych is not true: for the Beare in the byrth hath all the members, as other beastes haue. Reade Matthiolus in Dioscorides lib. iii. cap. supra.

The Foxe the Beare the Badgarde.

To help baldnesse.

Beare, Fox, and Brocke are good to helpe the Palsey.

Marcellus.

What is the vertue of a Birde, called the Osspraye.

Hilarius

Like as the Egle, and all kyndes of Haukes, doe pray and feede vpon the flesh of birdes: euen so God hath ordayned ỹ water Egle, called Haliætus the Osspraie, to fear the Fishes, and feede vpon them. And all Haukes, or Birdes of the Nature of Egles, with hard croked billes, are compted vncleane flesshe. Leui. xi. are not vsed common among vs, vnto this daye. Howbeit, the Dyle or grease of the Osspraie, is had in great estimacion to take Fish withall: and the head thereof dryed and beaten into pouder, maketh a good medicine for young infant chyldren, to be put into the Nosthrilles, to breake wynde very gentle. And the Gaule is wholsome for sore eyen to be dropped with the white of an Egge into them. And the grease and Gaule, wyl heale the stinginge and bityng of Serpentes, and also is good to be dropped into the eare to clense them, and helpe hearynge Reade Gesnerus. Lib. iij. de Auibus.

Haliœtus the Osspray a water Egle.

Osspraies oile good to put in water to gather fish ready to be taken.

Medicines made of the Osspray.

Marcellus.

What say you of Iuery.

Hilarius.

Hilarius.

IT is good, to astringe or bynd, and to race it with Turmerike and Saffrō putting in Diacurcuma in Tabulis, sodden in the water of Endiue, wherewith many people are helped of a perilous hoat and dry sickneys called R gius morbus, or the yellow Jaundice. Juery. A drinke for the Jaundice.

Marcellus.

What is the vertue of Chickens and Hennes?

Hilarius

ALL foules, whych haue hard pennes, be strong of nature, as Chickens or Hennes, sayth Auenzoer, which be most commēded, and laudable of any other flesh, and nourishe good bloud and are light of digestion, and doe also comfort the appetite. Cocke chickens be better than Hennes, the Capon is better than the Cocke, they do augment good bloud and seede, as Rasis reporteth, and experience proueth in men both whole and sicke. An old Cocke whych is well beaten after his feathers be pulled of, vntil hee bee all bloudy, and then cut of his head, and draw hym, and seeth hym in a close pot with fayre water, and whyte wyne, Fenell rootes, Burrage rootes, Violettes, Planten. Suckerie, and Bugloss leaues, Dates, Prunes, greate Reisons, Maces, and Sugar, and put into the Marie of a Calfe, and Saunders, maketh a very good broth, for them that bee sycke, weake, or consumed: the braynes of Hennes, Capons, or Chickens, be wholsome to eate, to comfort the brayn and memory: and wyl cause young Childrens Teeth to grow quickly. And thus to conclude, these forsayd fowles be better for Idell folkes that labour not, than for thē that vse exercise, or trauell, to whom grose meates are more profytable. The Cocke is the best clocke, to keepe the tyme. Gesnerus lib. iij. de Auibus.

Of houls Cockes. Capons and Chickens. Their flesh mutch cōmended. A good broth for a body which hath ben long sicke.

Marcellus.

What is the vertue of Geese?

Hilarius.

THe flesh of wyld Geese and tame, are very grose and hard of digestion, as Auicen sayeth: the flesh of great fowles, as of Geese, bee slow and hard of digestion, for their humiditee, doth breede Feuers quickly: but their Goselinges, or young ones, beyng fat, are good, & mutch commended in meates, Galen sayth, of the Flesh of Beastes, & Birds. But vndoubtedly, Geese, Mallardes, Pecockes. Swans, and euery foule hauing a longe necke, be all hard of digestion, and of no good complexions; but if these be well rosted, and stuffed, with Salt, Sage, Peper, and Onyons. they wil not hurt the eaters of them. There be greate Geese in Scotland which brede vpon a place called the Basse, there be also Barnacles, whych haue a straunge generation, as Gesnerus sayth, whych neuer lay Egs as the people of the North parts of Scotland knoweth, and least it shoulde seeme incredible to many, I wyl geue none occasion to any, either to mock, or to maruel: and thus I geue warning to them which loue their health, to haue these forsayd fowles somwhat poudered, or stopped with Salt, al the night before they bee roasted.

Of Geese and Goslinges. Goose flesh breedeth Melancholy. The Barnacle of Scotland, neuer lay Egges, but are bred onely of the Ocean Sea, read Gesnerus de Auibus. lib. 3.

Marcellus

Marcellus.

What is the vertue of Cranes flesh?

Hilarius.

Cranes, are hoat, and encrease seede.

SImeon Sethi sayth, their flesh is hoat and dry, the younger be good but the old encrease Melancholy, they do engender seede of Generation, and beyng tenderly rosted, both help to cleare the voice, and clense the pipe of the Lunges. Cranes be bydes of a wonderfull prouidence, Gesnerus de Auibus.

Marcellus.

What is the vertue of Duckes flesh?

Hilarius.

Duckes are very hoat of natre and Melancholy.

THey be the hoatest of all domesticall or yard foules, and vncleane of feeding: notwithstandyng though they be hard of digestion, a marueious hoate, yet they wyl nourish the body, and maketh it fat. Hipocrates sayth, that they that be fed in puddels, and foule places, be hurtfull, but they that be fed in Houses, Pennes, or Coopes, are nutriue, but verye grose, as Isaacke affyrmeth. There are sundry kyndes of Duckes. Gesnerus de Auibus.

Marcellus.

What is the vertue of Pigeons, Turtles, or Doues?

Hilarius

Doues are very hoat.

THe flesh of Turtles is meruellous good, and equall to the best birds: and Auicen sayth, they bee best when they be young, and wholsome for flegmatike people. Simeon Sethi affirmeth, that the house Doue is hoater than the Field Doue, and doth engender grose bloude, the common eatyng of them is euill for cholerike persones with red faces, for feare of Leprosie, therefore cut of the feete, wynges, and head of your Pigeons or Doues, for their bloud is that, which is so venemous through heat: they be best in the Spryng tyme, and Haruest, and Isaack sayth, because they are so lightly conuerted into choller, they dyd commaund in the old tyme, that they should be eaten wyth sharp Vineger, Purslen, Cucumbers, or Citrõs. Rosted Pigeons be best, the bloud that commeth out of the right wynge, dropped into ones eye, wyll sone helpe the eye, if it swell, or prycke: and thus much haue I spoken of Pigeons, or Doues.

Of Doues.

Doues flesh. must be eaten with Vineger.

Marcellus.

What is the vertue of Pecockes?

Hilarius.

Peacocks flesh is hoat & moyst in the first degree | Gesnerus lib. 3 de Auibus.

THe Peacocke, his voice feareth Serpents: Aristotle de natura ani. and is hoat and moyst, in the fyrst degree. But Simeon Sethi sayth, it is a rawe flesh, and hard of digestion, vnlesse it be very fat, but if it be fat, it helpeth the Pleurisie. Haliabas saith, that both Swannes, Craines, Pecockes, and anye great fowles, must after they be kylled, bee hanged vp by the neckes, twoo or three daies, with a stone waying at their feete, as the weather wil serue, and then dressed and eatẽ, prouided that good wine be drunken after them. Their Egges are noisome to be eaten, Dioscorides.

Marcellus.

What

What is the vertue of Swannes flesh?

Hilarius

Swannes flesh, cholerike

Every grose fowle is Cholerike, and hard of digestion. The Swanne is grose, therefore slow of digestion. But the Signets bee better than the old Swannes, if there galentines be well made, it helpeth to digest their flesh The Swan is numbred among the vncleane byrds, Leuticus, xi. and wyl synge a litle before his death. Plinie Gesnerus de Auibus.

Swans sing.

Marcellus.

What is the vertue of Hernes, Bittures, and Shouelers.

Hilarius.

Bitters.
Herons.
Shouelers.

These fowles be Fishers, and be very raw and Flegmatike, like vnto the meate where of they are fed, the young are best, and ought to be eaten with Peper, Cinamon, Sugar, and Ginger, and it is good to drynke Wyne after them, for good digestion: and thus doe for all Water fowles.

Dutch meat, such cõplexiõ.

Marcellus.

What is the vertue of Partriches, Fesantes, Quayles, Larkes, Sparrows, Plouers, and Blacke byrdes?

Hilarius.

Partriges

Partriches will bynd the belly, and do nourish muche, the Cockes bee better then the Henne Byrdes, they do dry vp fleume and corruption in the stomacke. Fesantes be the best of all Flesh, for their sweetnesse is equal vnto the Capon or Partrich, but they are somewhat dryer, and Rasis sayth, Fesants flesh is good for them that haue the Feuer Ethicke, for it is not onely a meate, but a medecine, and doth clense corrupt humours in the stomacke. Quayles although they be eaten of manye, yet they are not to be commended, for they doe engender Agues, and be euil for the falling sickenes For as Conciliator sayth, of al foules that be vsed for meates, a Quayle is the worst, Dioscorides sayth, Larkes roosted bee wholesom to be eaten of them that be troubled with the Collike. Black birdes taken in the tyme of Frost be holsome and good of digestion, The dunge of Black birdes tempered with Vineger, and applyed to the place of any that hath the blacke Morphew, or blacke Leprosy, oftentymes annoynted with a Sponge doth helpe them. The flesh of Plouers doth engender Melancholye. Sparrowes be hoate and prouoke Uenus, or lust. Plinie doth describe their propertyes: the Brayns be the best parte of them. Woodcockes be of good digestion, and temperate to feede vppon. Al small byrdes of the Fyeld, as Robin Redbrest, Linnets, Finches, Redde Sparrowes, Goldwinges, and such lyke if they be fat, they be maruailous good, and do greatly comfort nature, either roosted, or boyled: and thus I do conclude with thee of byrdes: that the small fyeld byrdes are most holsome for syrke folkes: Read Gesnerus lib. j. de Auibus.

Fesantes.

Quailes.

Larkes help the Collicke.

Black birdes

Plouers

Sparowes.

Woodcockes.

smal Birds.

Marcellus.

What is the vertue of Fishes.

Hilarius.

Hilarius.

IN many Ilands of this World, placed neare vnto the Ocean seas, the people liue there most chyefly by Fysh, and be ryghte stronge and sound people of complexion, for as Aristotle sayeth, consuetudo est tanquam altera natura, custome is like vnto another nature: but because I speak of Fish, I wyl deuide them in thre parts. First of the Fishes of the Sea. Secondly the Fish of the fresh runnyng Riuers. Thirdly of the Fishes in Pooles, and standyng waters. The Sea hath many grose, and fat Fyshes, whych be noysome to the stomacke, but the small kynd of Fyshes, that feede about Rocks, And cleare stony places, be moze dyer, and lesse of moystures than the fresh water Fish, and doe engender lesse flegme, and wynd, by reason of their Salt feedyng, as Galen sayth: they be the best fyshes, that feede in the pure Sea, and chyefest of all Fyshes, foz the vse of mankynd, and Haliabas sayth, new fysh lately taken, is cold and moyste, and flegmatike, then the beste of all nexte the sea fysh, is that which swimmeth in fresh cleare Riuers oz stony places, whereas the water is sweete, beyng fishes that beare skales, these be maruellous good: but if they feede neare vnto places where mutch fylth is daily cast out, there the fishes be very cozrupt, and vnholsome, as the sayd Haliabas sayth. Fyshe that feedeth in Fennes, Marshes, Ditches and muddy puddels, be verye vnholsome, and do cozrupt the bloud, they be grose and slymie, cozrupt and wyndie: but those that be fed in fayze pondes, whereunto running Water may ensue, and whereas sweete water, herbes, rootes, and Weedes, that grow about the bankes, do feede the fish, those fyshes be holsome. Galen sayth, Fysh that is whyte skaled and hard, as Perches, Bzames, Cheuins, Ruffes, Carpes, Roches, Troutes &c. be all good, but vnscaled Fyshes, as Eeles, Tenches, Lampzes, & sutch like be daungerous. vnlesse they be well baked oz roosted, and eaten with Pepper and Ginger, and Vineger. And note this, that it is not holsome trauailing, oz labozyng, immediatly after eating of Fish, foz it doth greatly cozrupt the stomack, and as Galen saith the nourishments of Flesh are better, than the nourishments of Fish: and thus mutch generally I haue spoken of Fysh. Of the natures of Fyshes, reade Rondoletius, and Conradus Gesnerus de Pisc.

Three things considered in fish.

Sea fish holsome then ỳ of the fresh water.

Muddy Fish not holsome.

Fish that haue skales, be good, but fish without skales are not holsome.

Marcellus

WHat, it seemeth by these wozds, that greate Fishes, which bee deuouzers in the Sea, as Seale, Pozpose, and sutch like, bee vnholsome, and that the small Fishes, as Cods, Whitynges Plaice, Smelts, Buttes-Soole, Pike, Breme, Roche, Carpe and sutch as feede in cleane stonye waters, thou sayst they be very wholsome. Eeles Lampers, and other muddy Fishes, thou doest not greatly commend, There be also some kindes of Fish soft, and some hard, but which be the best.

Hilarius

IF Fysh be soft, the eldest Fysh is best: if Fish be hard, the youngest Fish is best, foz it is either soft oz hard, of hard Fish take the smallest, of soft Fish take the greatest: pzouided that your Fish be not very slimye, and thus sayth Auicen in his booke of Fyshes.

Fish soft and hard.

Marcellus.

what is the vertue of Shelfishes. *Hilari-*

Hilarius.

CRauises, and Crabbes, be very good fyshes, the meat of them, doth helpe the Lunges, but they be hurtful for the bladder, yet they wil engender seede. If Crabbes of the fresh water, be sodden in pure greene Oyle Olife: this Oyle dropped into the eare luke warme, doth heale burning obstructions, and stoppinge matter, that hindreth ỹ hearing. As for Lympetes, Cockels, Scallopes, as Galen sayth, they be hard of digestion. Muskels, and Oysters, would be wel boyled, rosted, or baked With Onions, wyne, Butter, Suger, Ginger, & Peper, or els they be wyndy, & Flegmatike: cholorike stomackes may wel digest raw Oysters, but they haue cast manye one away, yet raw Oysters wil clense the raynes.

Shel fyshes.

For deafnes.

Oysters

Marcellus.

What say you of Milke, Butter, and Cheese?

Hilarius.

WOmens Milke is the most gentle nutriment for ponge childrẽ, which milke is of the decoction of pure bloode, by natural heat and drawen foorth by the Pibles from the breastes or Pappes, this is the fyrste foode of mankynd: for lyke as bread is a blessyng of God for men, euen so is Milke one of the great blessinges, as appeareth in the promise whych god made to Israell. Without Milke, it is not possible to bryng vp man or beast. The best milke is of women, and most temperate, for it preserueth agaynst consumption. The second is Goates Milke, which doth norysh, and is hoatter than womẽs. Sheepes Mylke, is not so much norysshyng, and not pleasaunte to the stomake. Yong Cows milke is thicker, and ful of Butter: Note also that iiii. thinges must be considered in milke, the whitenes of coloure, the sweetnes of sauour, the pleasantnes of taste, the substaunce, neither thicke nor thinne: it is good Mylke, when a drop wil stand whole vppon youre thum nayle, without shedding. There be three essences of Milke, Cheese, Butter, and Whay, the best milke is of the yongest and fattest Kyne, or Goats, that bee fed in ỹ cleanest, dryest, and sweetest Pastures. whereas plentye of sweete flowers are growing, and purest Clay or Chalke water, with holesome layer. The best time of milke, is in April, May, and June. The new Milk is most holesome for them to drynke, which hath cleane stomackes, to drink it with Suger, as it commeth from the Cow three howers before al other meat or drynke, and then it wil not coagulate nor crude in the stomake, but quench Choller. Moreouer milke is not only good to ponge childrẽ & helthful people: but if it be sower, then beware the stone in the raynes, and bladder through the same: and to them which haue Feuers or headache, Milke doth much harme, as Hippocrates sayth Lac dare caput dolentibus, malum: malum vero febricitantibus & quibus hypochondria suspensa murmurant, & sticuloſis: malũ autem in febribus acutis, quibus bilioſæ sunt deiectiones, & quibus sanguinis multi deiectio facta est: conuenit autem tabidis, qui non multum febricitant & in febribus longis & paruis si nullum ex supradictis signis affuerit. &c,

Milke of women is the best of al Milkes.

Milke of Goats.

Milke of Kyne

Milke foure thinges considered in it.

Milk hurtful to whom.

Hyppocrates of the hurt of Milke, and ỹ vtility therof

That is Milke sayth he, is very vnholesome to such as haue paynes in their heddes, or that be sicke of any Feuer, and also to them which haue any noise or wynde in the vpper parte of their bellye called Hypochondria, & that haue cholericke decoctiō in hoat feuer, or haue lost much blood: notwithstanding milke is good for such as haue a consumption without a Feuer, and maye be geuen to them. which haue had Feuers long tyme, if none of the foresaid tokens do appeare &c. And to conclude of mylke, seeynge oftentimes it is very euill, and will throughe the couldenesse, and wynde offende the whole Bodyes of menne, what harme doth it than to Sickelye persounes? howe be it, we se Milke is a goodlye staye in a common Wealthe, and the feeders therof are people of a good temperament, or complexion, as in Wales, Suffolke, Esser, and in a place in the Wountaynes in ỹ North called Alston Moze, wheras little tillage is, but bringyng vp of Chattel: in this country the people be al chiefly nourished with milke, little other drinke they vse, milke excepted. This country was somtime the land of a worthy knight, called syr Thomas, the Baron of Hylton, to whom I dedicated my little Booke intituled the Gouernment of health, promisyng in the same Booke to set forth an other booke, wherof the copy perished with my Bookes, in shipwracke: and when I came to London to haue reuiued my dead book, one William Hilton gentleman, brother to the sayd syr Thomas Hilton, accused me of no lesse cryme, then of most cruel murder of his owne brother, who dyed of a Feuer (sent onely of God) amoug his owne frends, fynishing his lyfe in the christen fayth. But this William Hilton caused me to be arrained before that noble Prince, the Dukes grace of Norffolke, for the same: to this end, to haue had me dyed shamefully: That with the couetous Ahab he might haue through false witnes, and periury, obtayned by the counsell of Jezabell, a Vine yard, by the pryce of blood. But it is wrytten, Testis mendax peribit, a false witnes shal com to naught, his wicked practise was wisely espyed, his folly deryded, his bloody purpose letted, and synallye I was w̄ Justice deliuered. Notwithstanding, yet am I by the same William Hilt̄ still molested and troubled as much as lyeth in him, to shorten my dayes, by some meanes or accidente, who with neither lawful policye, nor false testimony, could hetherto accomplish his wicked intent. Now therfore blame me not my deare frend *Marcellus*, though this man be remēbred in my booke heare of health, and preserning of lyfe, seyng I was somtyme in his booke of a false indightment, conspyring my death This man hath letted me, in so much that I cannot run to the marke, that I did set before myne eyen, therfore I must make a shorter course, fynishing with fewer things, trusting not vnprofitable for the common welth: whose profyte I doe seeke, and more would haue done, this his malicious factes excepted, whose malice doth the lesse molest mee, beynge a Straunger to him, seynge hee hath vered a Ladye, which was his owne Brothers Wyfe, whose shame, losse, yea and Bloode hee hath soughte: whiche Brothers Wyfe redeemed mutch of hys Lande from losse, in lendyng him a great Summe of Woney. And when this man should thankfully haue repayed this lady her Woney, then he gratifyed her, as he did mee.

Milke is a good thing in a common wealth.

Alsten Moore in the North

Sir Thomas the Baron Hylton his lande.

William Hilton letted William Bulleine to fynish his boke of healthful medecines

A bloody practice agaynst ỹ lady Hilton.

And

And so to conclude, you that are gentlemen, beware of shameful ingratitude, wheras you haue reaped comodity. For it is the most leprous sickne̅s agaynst nature, to doe euil for good, preferryng a little lucre before honesty. worldly worship, shame, and fynally, Gods wrath or vengeaunce, due for such wyckednes agaynst conscience, and nature. For ingratitude doth degenerat mankynde, and transforme him most monstruously, into an euil vile nature, from gentlenes, into Churlishnes. For lyke as gentlenes with vertues maketh a very gentle man: although somtime obscurely borne: so doth ingratitude, blemish, and defyle them, which can bryng nothing els for the̅selues, but pedegrees, lynes, cotes, and standerdes, most aunciently desce̅ded, yet themselues void of al goodnes. Thus I leaue to molest thine eares with him, who hath thus molested me, profitable to fewe, and noysome to himselfe. A louer of few, a flatterer of many, a vessel of ignorance, ful of ingratitude, vnnatural to his Children, if that he spoyleth in lawe, whiche should be their relefe: & thus I commend hym to thys Cataplasma, to his mortifyed conscience. Faythles and fruitles he is.

what a very gentelman is

Cataplasme for M. Hilton of Bidicke, of the Bishoprik of Dureme.

Butter of nature is hot & moist, & hath vertu to mollify hard apostimatiōs ỹ are aboue nature, as Galen sayth: fresh Butter doth rype, clense, & warm ỹ inward parts in meats, ointments or drynks. Fresh butter is good to annoint ỹ swelling of Hypochondrion or belly, & for ỹ Phlegmon & Bubo. Furder to cause yong childzen their teeth to grow, through the annointing of the place and it is good to make an noyntment for the Pleuritici, And to be dronke in wyne or Beere, for the stopping of the lungs, Butter, Hony, and bytter Almonds, be wholsome for to clense the brest, and being put in suppositories, and Glysters, doe mollify the belly. New Butter meanly salted, is good w̄ Bread, Flesh, and fysh. The olde Butter changing with many colours, is the worst, it is noysome to the stomacke. Butter is good in the morninge, but not holesome at night: yet Butter preuayleth agaynst poysone in woū-des, it wil purge, clense, and encrease Flesh. When ỹ Butter is fyrst made, there is a mylk coming from the same somwhat sharpe, sower, and cold, very holesome to be dronke in the morning or euening, agaynst hoat burning choller: it openeth the liuer, cleseth the gaule, prouoketh vrine, causeth, sleepe and nourisheth much if it be eaten with Sugar, and new whyte breade.

Butter the vertue of it.

Butter Milk called Charm Milk is good

Cheese which is a part of Milke of the grosser substaunce, throughe the coagulation or cruddes, beyng gathered and pressed togeather, from ỹ moist whay, the same cheese is finished: and if it be made of cleane milke and the Creame therewith, then it is beneficial to the stomacke, specially, if it bee fresh and good it norisheth the flesh much, and is good for greene woundes to knit them, and wil also quench heate, or clense a spot in the eye, beynge layed theron. xriiii. howres. Cheese meanly salted nourisheth but little, by ỹ reason of the Salt. old Cheese stoppeth the flixe of the Belly, but it is hard to digest hurting the stomacke, gaule, & raynes, and wil breede the stone in the bladder, and cause the increase of melancholy with much coldenes and drynes Gal. lib. 4. alimentorum facult. commendeth the Cheese of his own natiue country, because of the pureness of milke, and sweetnes of the Cheese, but in his x. lib. of Simples, he refuseth Cheese for the sowrenes. &c. wham

Cheese fresh is best.

Greene cheese helpeth wounds.

Cheese olde stoppeth the flixe, but breedeth the stone.

Sundry kyndes of Cheese

stone pottes be broken, what is better to glew them a gayn or make them fast, nothing like the Syment made of Cheese. Know therefore that it will quickly build a stone in a dry body, which is ful of scholler adust. And here in

Much good Butter little good cheese

England be dyuers kyndes of Cheeses, as Suff. Esser, Banbury. &c. iaccor dyng to their places and feeding of their Cattell, tyme of the yeare, layre of theire Kyne, clenlines of theyr dayryes, quantity of theire Butter, for the more Butter, the worse cheese. And thus I conclude of Cheese. lyke as the Welchmen loue it rosted, euen so do Flemminges loue Butter at al tymes, and of all makings refusyng none, what colour soeuer it hath, and from whence soeuer it commeth, their stomackes are suche.

Whay the ver tue therof.

Whay is the thinnest part of Milke. Whay w̄ Fumitory sodden in Whay, & dronke cold in the morning and Euening. hath vertue to scowre, clense & open the partes of the body that are stopped, prouoketh byrne, and maketh clean the Bladder, & is good to quenche choller, helpeth the bellye, asswageth thirst, yet it inflameth, and bryngeth wynd to the guttes but recocted or two tymes sodden whaye, is the best whay and wil bring sleepe, and also is good in Clisters, to coole, scower, & quench choller in the guttes, or helpe the excoriation in them, made by bloody Flixe: Galen commendeth Whaye

Gotes Whay

lib. x. simplicium medic. and Mesue doth not a little prayse the Whay of blacke Goats, and how it is hoat and dry in the first degree vnto the second: this whay is good to be geuen to them which abound with much melancholye, or frensies, and clenseth the water betweene the skin and the flesh, openeth the Gaule, & mollifieth the Spleene: in sharp acute Tertian Feuers, or stopping of the vessels, w̄ yellow choller, this whay doth much helpe, to drinke ẏ same, & nothinge is better to be dronk against hot Leprosy thā whay, it maketh a clean skin. Whay is vsed in many decoctiōs, & infusiōs, for lenitiues to purge the belly, and thus I do ende of Whaye, whiche is a good drynke in Sommer in the common wealth, wheras good dayries be, as in Suffolk, the best country of Milke, as about Lethryngham, Stratbrooke, Larefield Kelshal. &c.

Egges of Byrdes.

Egges be commended of the moste excellent Writers, as Dioscorides, and Galen, that they do excel al other nourishing meats, & also are good in medecine Isaac the Arabian, in his diates, doth prayse Hennes Egges, for that they be pleasaunt to the mouth, and profitable to the Stomacke and that they nourish more then other meates, and are soonest turned into good blood, & eft soones into seede of generation, specially Egges that be new and whyte, but old Egges be most fylthy and noysome to the stomacke. Furthermore Egges haue no part of the Fowle, sayth Galen Simplic. medi. but a portion of

Egges three thinges in ẏ thē.

the thing frō whence they come: & Symeon Sethi sayth. iii. thinges must be considered of Egges, the fyrst is the substance & cleannes of nature: the second is their age, eyther new or olde: the third is of the manner of their dressinge, as potching, seething or rostinge. Potched Egges be holsome to bee supped vp in the morning vppon an empty stomacke. To clense the Lunges, breast & the rayns: hard Egges doe bynde: fryed Egges be hurtful to the stomake: next in goodnes vnto them are the Egges of Fesantes, & Partriges, & the Egges of smal Byrdes of the wood, whose Egges are white, but ẏ Egges of wa-

water foules,as Swannes,Geese,Duckes,with al their kyndes.be grosse and not pleasaunt to nature, although good to stronge stomacked labou-rers. Doues Egges, because of their great heate, are moze bettter foz me-decine then meat. Pecockes and Estrige eges, bee not good: of an euil na-ture and ennemy to mankynde: In foode, the yellowe partes of Egges bee warme,and nourish the blonde,and the whyte of the Egge, is colde, and flegmatike.Galen doth cõmend the whyte of Egges,because they freat not, but coole:and therfoze they are good foz medecines foz the eyes,and vlcers and wonndes of the head,and other places wheras blood doth flow.Raw Egges,with Oile of Roses beaten togeather, are good foz Flegmon in the Eares, breastes,Armes,Legges,oz priuy members.The white of an egge the iuice of Pomgranets: Vineger, and the oyle of water Lillies,are good beaten togeather, to annoynt the fozehead,to cause sleepe.Egges sodden in stronge sharpe vineger, vntil they be harde,eate theym, and they wil stop the belly. Whytes of Egges,the pouder of the flowers of Pomgranetes, Planten water, and Hypocistes,with oyle of Roses,and Allume, beaten in a leaden Mozter, wil heale a burning oz skalding in the flesh, couering the place with a Launde Clothe,and annoynting the sayd Launde with this oyntment.Oyle of Egges is good to heale Serpigo the breaking oz Cra-mes of the Lippes,handes,skalding,burning,payns of the eares,stomacke, raynes,belly,and the priuy members, which haue great burninge,fylthe. oz heate:and fynally,all the paynes of the ioyntes.

Egges of great foules be not good.

Of Egges their vertue.

Egges for sleepe.

For burninge

Oile of egges

Of Egges come all foules,saue Barnacles, which are ingendered of the marueilous wozke of Ocean Sea:Read Gesnerus,of the nature of Foules. The hozrible Serpent called the Cockatrise, is bred in the Egge: so is the Crocodile,and many moe Serpentes,and many fyshes of the sea,and little Wozmes,as the Antes.And thus I do end of egges,whose yolkes oz redes be fyrst bread, within the Foules body s, as it doth appere when they be killed,by the great plenty of the sayd yolkes and no whytes, of whiche Yolkes the byrd is bredde. and nourished of the whyte: So is mankynde ingendred, and formed of one part,and nourished of an other, Read Hippo-crates in libro de natura pueri

Egges of ser-pentes.

Marcellus.

What vertue is in Coagulo Leporis,

Hilarius.

THree halfe peny weight, after the old weight of the Apo-thicaryes,tempered in wyne, and drunke doth preuayle a-gaynst venim, oz pricking of Serpentes, bloudy fluxes, & paynes of the matrix, after the tyme that the nermes menstruall be past:it helpeth conception, but to drynke it, it wil drie the Seede, and let conception.Aristotle doth re-member Coagulum lib.iij cap.12,de historia Anima,saying: it is the substance of Wilke,of those beastes which chew the cudde, and sucke of a curdye sub-staunce,as Calfe,Lambe.Kidd,&c,And of nature is sower and drying,and dronke with vineger, it helpeth the fallyng sickness as Galen asymeth lib.x. simplic.medic.

Coagulum oz the crudded of yong bea-stes.that sucke

Marcellus.

What say you of Sepum called Tallow, and Adeps, which is fat or the grease of beastes and foules. I pray you tel me?

Hilarius.

Tallowe of male best are hotter thē the female.

FIrst of Tallow, vnderstand that of nature it is warme, and therfore it hath vertue to resolue, and make softe: and is vsed in sondry medecines, among the Chirurgians. Notwithstanding, you must vnderstand, that one Beaste beareth more warmer tallow than an other: & the Male hotter thē ỹ female As exāple, the Hart hotter then the Hind: the Ram more warmer then the Ewe, &c.

But for the fattes of beastes and byrds, they be al warme and moist: some more, and some lesse, according to their ages, fatnes, and natures, as example following shortly sayed.

The fat or grease of ỹ

Swannes, Geese, Duckes, Bustardes. Hennes and Capons, beyng fresh, doth comfort the Matrice, breastes, and ioyntes, and are warme.

Gelded Swyn not salted is much lyke Oyle, and moyste & good agaynst the pleuresie, and vsed in manye oyntmentes.

Goats is harder than ỹ Swynes, & is also dryer, & is good against the pains of ỹ great guts, in Clisters or Suppositers

Beares is warme, and melted with Laudanum, maketh an oyntment to encrease haire.

Fores, is good agaynst cold and palseye, and paynes of the eares.

Porpentine agaynst baldnes, as the Bears grease is.

Bulles and Calues doth warme, and are good to bynd and stoppe flixe, put in Clisters, oyntments &c.

Male beastes, hotter and dryer than the female.

Lyons is moste subtil and hotte of all fattes.

Cattes hoate, and good, to annoynte Aches, and Goutes.

Seales or other Seafish, clarified with Honny wil clense the iyen that are dimme

Snayles clenseth the iyen helpeth the Eares, and is wholsome for bone ache.

Vipers good to annoynt the dim syght, dropped into them,

Yong lusty creatures, not salted and cleane clarifyed, is best kept close.

Raueninge beastes hotter then them, which eate Grasse: & the water Foules, hoatter than the land bydes.

Wolles called Oesypus, wil resolue heat apostumations, and Struma in the throat.

Marcellus.

What say you of Mary, which in some place is called Marthe: contayned within the bones of Beastes.

Hilarius.

Je

It hath power to mollify, and make hard thinges soft, and of nature is hoat and moyst, as Galen sayth. lib. xi. Simplicium medicamentorum. Example.

The Mary o Medulla of th

Stagge or Hart is the best of al beasts, to mollify Muskles, ligamentes, tendons, and the guttes.

Calues or yong Steeres is next in goodnes, vsed in sondrye oyntmentes, and linimentes.

Bulle and Goates are very warm, and good in pessaryes for women.

Ore, is good for the stomacke, and the Lunges, and increaseth seede of Generation.

Fore, for the palsey, and tremblyng of the memberss.

Backe bone of beastes is dryer than other Mary, and vnpleasaunt to the stomacke, drunke with Aligante, it stoppeth the whytes in women.

All these must be kept in cleane vessels, a loft in a chamber, w̄ Windowes towardes the North. For the South wynd, or standing in vessels nere to ỹ grou̇d, wil soone corrupte Maryes, excepte they be clarifyed vppon the fyre, and preserued in clean closse stone or Glasse vessels.

To preserue fatte.

Marcellus.

What say you of the Gaules of beastes, or Fyshes?

Hilarius.

The Gaule is the most hottest and bytterest part of al beastes, the place of Choller, and choller it selfe and drye, specially in hot Beastes, as Lyons, wolues. Fores, Dogges &c, more then of the other Beastes, which denyde the hoogues. Euen so it is among foules, the croked billed brydes, are hottest of al next them which feed vpon weedes or seedes, and the water Foules, more then the fyeld brydes, as Dioscori. affyrmeth lib. iij. cap. lxxj. and are vsed in medecines as example.

Gaules of Beastes.

The Gaul or fell of ỹ

Scorpion of the Sea, the Sea Snaile, or suche lyke of the Sea for sore eyen.

Whyte Cocke, a Capon. Henne. Fesant. Partrige. Doue, agaynst sore eyen, dropped into them.

Crane, Osprey, for paynes in the eares, with oyle of bytter Almondes dropped into them.

Swanne, Mallard, wyl bil wormes.

Bull, Ore, Cow, Goat, Ramme, good for woundes or swellynges, and to kyl wormes in the belly made in Plaster.

Swyne, For vlcers in the eares.

Beares, to annoynt the heads and nosetrels, of theym which haue the falling sicknes.

Also Gaules with Honny, and the iuice of Rue, make a good oyntmente to annoynt the belly, to kyl wormes, and helpe the Collike, and are vsed in inwarde medecines. There are stones fou̇d within the Gaules of Oxen & Bulles, the pouder of them dronke, wil clense the raynes and Bladder. As you may se, Matthiolus in Coment. Dioscor. lib. ij. cap. lxxj.

Mar:

Marcellus.

What say you of Braines

Hilarius.

BRaynes are cold and moyst of nature, of euery beast or foule, according to their kyndes. Some not so moyst as other, as you haue had example, of hoat and cold beastes: and their braynes are vsed in medecines. As example.

The braines of the

Hare sodden or rosted are good to make young childrens teeth to grow

Hennes, Capons, or Fesauntes, to bee dronke in wyne agaynst poyson, sayth, Dioscorides.

Wesel or Ferret, dryed and dronk in byneger, against the falling sickness.

Swallow mingled with hony, against the dimnes of the eyes.

Shepe prepared, good to cause teeth to grow, & mollifyeth apostumations.

Field birdes rosted are good to nourish the brayne of man, when it is weake.

Calfe and Pigge, not good for Flegmatike people.

Marcellus.

What say you of Liuers?

Hilarius.

THe liuer is the Nutrimental part, and the fountayn of Blood, a spongie matter, wheras the baynes do begin, and is warme and moiste according to the nature of the animal or Beaste, and is vsed in medicine. As example.

The Liuer of ỹ

Wadde Dogge, rosted and eaten, helpeth him which is bitten with a madde dogge,

Goats beyng cleane, do comfort the syght, applied raw or distilled, and is eaten to helpe the fallyng sickness.

Wolfe with Liuerwort dryed, maketh a goodly pouder, to helpe the liuer and lunges.

Fore, cleane washed and dryed doth the laine.

Asse or Horse Broyled and Eaten agaynst the fallyng Sickness.

Bore, both in meat and medecine, agaynst the stinging and byting of Serpentes.

More Hen or water Henne, agaynst the stone, or grauel in the raynes.

Henne, Capons Chikens Partrige, Fesaunt, and al field bydes doth nourishe and comfort nature,

Marcellus.

What say you of the Horner

Hilarius.

NOt much, I assure you, although many thynges maye be sayde therof, both for nature and property: I commende the discriptiō to them, that couet to be mery. And thus much wil I say with Aristotle in lib. de natura Animalium, who sayth: al beasles wanting their vpper teeth, haue naturally hornes, for their defense: as we do see the Bull, the Hart. &c. and they are good in medecines, as example. Hornes theire nature.

The horne of

Unicorne is most excellent, to be drunke agaynste venim and poyson, and helpeth the yelow Jaundice.
Hart rased and dronk against Collike, or Iliacke, Jaūdice, and the bloody flyxe.
Goats maketh good pouder to clense thee teethe, and stablish them, so doth ỳ Hartes horne.
Bulles in pouder, dronke wyth wyne, helpeth to heale the Hemeroydes burnt in pouder.
The Elephantes tooth wil helpe the yelowe Jaundice, rased and dronke in Endiue Water.
Sondry monsters of the Sea, are good agaynst poison.

Marcellus.

What say you to the Hooues of Beastes?

Hilarius.

THey are their naturall Shooes, keping still their olde fashion. whiche God hath prepared for them. For neither horse nor Oxe should be profitable for mankynde, but for the Houe: without whiche he colde not goe or trauel, or haue any shoe made fast. They are also good for mankynd in, medecine, as example. Hooues of Beastes

The houes of ỳ

Horses rased are dronke in wyne, and good to helpe the fallyng syckues.
Asses wil do the same, and helpe the mother: burnte in perfume, sodden in Oyle, they wil help Struma.
Goats, with Vineger and Laudanum, wil encrease haire annoynting the place.
Any beast burned, the smoke therof helpeth the mother, and kylleth Gnats that trouble your chamber:
Any Beast dronke in pouder maketh women baren and fruitlesse.
Mule, wil retayne moste stronge Poyson, or deadly venime.
Them which are deuyded in two partes, are clean beastes. Leuit Chap. xi. *Marcellus.*

What say you of Bones?

Hilarius.

BOnes are the timber and strong posts which couple the body of euery liuing man, beast, fish, and foule togeather: without which we might not be perfect. If any of thē are brokē, then are we lame. Thus bones be not only good to nature when we are liuing: but ossa humana mannes bones are good in medecine. As example.

Man beaten into powder doe greatly dry moist humours and sores &c.

Lions strongly smitten together, wil bryng lyght fire and are most dry of nature.

Hogges beaten into pouder, & dronk, are good againste fallyng sickneſſe.

The bones of

Hennes burnt with Eggshels, made in Pouder, make a frettyng pouder.

Pigges are good for wryting Tables, and to kyl wormes in the stomacke, dronke in wormwood wyne. Many sea fyshes are holesome in medecine agaynst poyson.

Sepia or Cuttle, cold and dry wil clense the skynne and Eyen.

Marcellus.

What say you of bryne.

Hilarius.

IT is the whaye of the bloode, conueyghed by the raynes into the bladder: hoate and drye of nature, very salt accordinge to the complexion of the body that maketh it as Manne and Beaste. Foules Pysse not, for the moyster is tourned into Fethers. Aristotle de nature *Animalium*. bryne is vsed in Medecine. As example.

Man is weakest, except gelded swyne, and is wholsome to be dronke agaynst venime.

Yong boy, to be distilled with Litarge of Mettall, a water to wash agaynst Leprosy, is made thereof.

Mule, to wash handes and feete, and agaynst the gout and paynes of the Joyntes.

The bryne of ỹ

Goats or Cammels, to be dronke agaynst the dropsy, or swellyng of the belly.

Boore, with oyle of Wormwood, to annoynt the belly and kil wormes.

Dogges wil kyl wartes, and ryng wormes.

Urchyne, wil corrode and frette, clense, and skower corrupted humours.

Marcellus.

What say you of blood?

Hilarius.

THe lyfe of euery liuinge thinge consisteth in the vitall blood, without which, the soule can not remayn within the Body, and it is vsed often tymes in medecine. As Example.

Geese

Geese, Duckes, and Kiddes is vsed in sondry *Antidotaries*.

Stock Doues, Turtle Doues, House Doues, and Partriges, is good for sore eyen, and new woundes.

Hare, for the stone, and bloudy flyre:

Dere, for ẏ flix, or termes immoderate rũning in womẽ.

Goates, which are fedde with opening herbes kylled in June for the stone.

Calfe fed so, for the same stone and also the flix.

The bloud of ẏ

Dragons is declared before.

Swyne is cold blood: yet it is vsed in puddings, but not commendable.

Beares, and Bulles, are horrible, not good.

Shepe helpeth the Emeroides.

Hẽnes, Cockes & Capons, stoppeth blood, and woundes.

Duckes, kepeth a goodly colour long tyme: the Idolatores did practice therewith, deceyuynge the People at Hayles, with a Blood which they called holy.

Marcellus.

What say you to the nature of ordure, the dung of Beastes?

Hilarius.

ORdure or dunge, is the corruption or fylthy excrement, which nature expulceth to the earth by the office of the guttes. without whiche no creature should liue, if the dung were stil retayned, in the saide guts. and yet it is good in sondry salues, plasters, & medicines. As example. And they are hoat and dyre of complexion, according to the nature of beastes.

Oxen and Kyne, doth mittigate inflamation of woundes, and helpeth stinging of Bees.

Calues, sodde̅ w̃ vineger, helpeth Struma in ẏ throat, or swelling of iowts.

Goats, doth resolue and make soft: a plaster therof applyed to the Matrix forceth the child to the byrth.

Horse or Mule, sodde̅ in wyne, strayned and dronke helpeth ẏ Jaundice. Sheepe sodden in vineger and oyle of Roses, resolueth, quencheth and healeth burning and skalding.

Dogges fed with bones, helpeth the bloody flyre, dronke in milke: with Hony, it helpeth Angina, to annoint ẏ place of the throat withall.

Mise doth clense, and with Hony tempered together doth encrease haire in'oyntmentes for the head.

The dung of

Swyne, clenseth, it stoppeth blood in flowing woundes.

Curiues dronke in wyne, helpeth ẏ fallyng sickness.

Corocodilus of Nilus clenseth the skin, the best of this is whyte.

Man is best in medecine, although most abbominable to the sense of smellyng: yet there is art to make oyle for the Gout, swelling of the throat, and to helpe Flegmon, of this ordoure of Mankynd, and a water to be dronk agaynste the Fallyng sickness, Stone, and the Water betweene the Flesh and Skynne. And finally to helpe euill complexion.

Reade Gal. lib. x. Simplicium medicamentorum, and Dioscorides. lib .ij. cap lxxiiij

Marcellus What

Marcellus.

What say you of the Scorpion Frogge, Mouse, Lasarde, Cantharides, Horseleeche and earth wormes?

Hilarius

Scorpion. THe Scorpion is a cruel woorme, whose sting wil pricke to death, except the oyle of Scorpions be gotten, which reconcileth the hurte, anoynting the place therwith. Also this oyle is good to anoynte the raynes, to breake the stone, and prouoketh vryne.

Frogge The Frog sodden with Salt, and cleane Oyle, and so eaten, helpeth agaynst all venime of serpentes Dioscorides, lib. ij. cap xxv

Mouse. The Mouse beyng rosted, is good to be geuen to children, that pisse their bedde, to helpe thē. Furder it wil dry vp the Fome and spattle in their mouthes. There are sondry kyndes of Mise Aristotles. lib. vi de Historia animalium.

Lacert. Lacerta with legges, a longe tayle, an earth Serpente. The head broken and applyed to any place on the bodye, whereas eyther prick or nayle is fixed, foorth with it shal be drawen forth. This woorme is muche vsed of Chirurgens.

Cantharid. Cantharides are flies hoat drye, and burninge, of nature, and haue powre to blister and make issue, and drawe forth water: there be that wryte in their bookes of Physicke, howe these flies maye bee dronke inwardly agaynste the Dropsy and the stone, but I dare not here commend the same, for feare of no smal peril that might followe.

Horseleech. Horseleeches are wholsome to draw forth foule blood, if they bee put into a hollow Reede, and one of their endes cut of, whereby the bloode maye run forthe.

Snayle. Snayles broken from the shelles and sodden in whyte wyne with Oyle and Suger are very holsome, because they be hoat & moist for the straightnes of the Lungs and cold cough. Snails stamped with Comphory and leuen, wil draw forth prycks in the flesh.

Earth Wormes Earth woormes are hoat of nature and of thēis a precious ointment made to close wounds, & if they be sodden in Goose grease & strayned it is a good oyntment for to drop into a dull hearyng eare, pouring it into the contrary syde. Earth woormes stamped, are good for payned teeth. The Oyle of woormes is greatly commended for the comforting of the sinewes, ioints, beines and goute, they must be washed in whyte wyne, and the Oyles of Verbascum or Cowslops, of roses, of Lylies, of Dil. of Camomil, al sodden together, when it is colde, put in your earth woormes, stop your glasse, let it stand xl. dayes in the Sunne, then strayn it, & it wil make an excellente oyle against ache, Sciatica, gout. &c.

Oile of Wormes.

Earth the mother of euery liuing creature. Reade more of them Plini. lib xxx. cap ix. And thus I do end of Earthwormes, which are the bowels of the ground or earth, which earth is cold, and drye of nature, yet the mother of ech liuinge wyghte, fostereth and geueth foode to euery creature, both sensible and insensible, and remayneth stil, firm and stable, and each creature hath his originall spryng, and fyxte lyfe vppon

the

the earth: whan they haue run the race, some in pleasure and other some in wretchednes, the earth doth deuoure them agayne at length and swallow them, as though they had neuer ben: and thus is generacion turned into corruption, as Aristotle affyrmeth. But how mightye is that Lorde God, whych wyth his blessed worde dyd for our sakes make the Earth to be our owne free dwelling place durying thys our Mortall Lyfe, to what ende, to abuse the same, as the olde World dyd, for whose sakes he dyd destroy all flesh, his small chosen people excepted? No forsooth, but to vse the Earth wyth diligent trauell, in tillage, sowyng, cherishyng herbes, plants, grasse, &c. whych be Gods gyftes, both for our medicines and meate: not to dispise the sweete Creatures of God, whych sprynge in sundry tymes of the yeare, as flowers, fruicts, seedes, barkes, rootes, wyth conning to be preserued for mans vse, against the daily daunger of cruell sickenes, which assalteth ech man, Woman, and Chyld, through the corruption of humours, and other euyll accydentes of our Life. And for as mutch as wee can not make one flower, neyther can gyue to any of them hys proper beautyfull shape, vertue, or sauour, whych Salomon, whan he was flourishyng in his regall estate, was not comperable to any of these flowers for theyr excellent beauty: Therfore let vs daily behold the Earth whereunto wee must once come, and also in the meane tyme, humbly laude and prayse the hyghe diuine prouidence of the almyghty our Lord and God, who hath layed the foundations of the Earth, that it should not moue at any time, and hath couered it wyth the deepe, lyke as with a garment, the waters doe stande betweene the Hylles, yea he sendeth hys Sprynges to the ryuers, whych runne amonge the hilles: all Beastes of the Fielde dryncke thereof, and the wylde Asses doe quench their thyrst: besides them all the fowles of the ayre haue their habitacion, and singe amonge the braunches, and hee watreth the Lillies from the Cloudes. The earth is filled with the Fruicte of his woorkes: he bryngeth forth Grasse for the Cattell, and greene herbes for the seruyce of Mankinde, that he might bryng foode out of the earth, and Wyne that maketh glad the heart of man, and Oyle to make him a chearefull countenaunce, & bread to strengthen his heart wythal. The Trees of ỳ Lord are also full of sap, euen the trees of Libanus whych he hath plantedTherein the Birdes do make their nestes: & the Firre trees are a dwellyng for the Storke. The hygh Hylles are a refuge for the wylde Goates, and so are the stony Rockes a refuge for the Conyes. He appoynteth the Moone for certayn seasons, and the Sunne doth know hys goyng downe: he maketh darkenes, that it may be Nyght, wherein all the beastes of the Forest do moue. The Lyons roaring after theyr pray do seeke their meate at God, the Sunne aryseth, and then they get them away together, and lurke them close in the dennes. Then man aryseth, and goeth forth to hys worke, & laboureth vntill euenyng. O Lord how manifold are thy workes, in wysedome hast thou made them all. The Earth is full of thy Riches: so is the great and wyde Sea also, wherein are thyngs innumerable both small and great Beastes: there sayle the Shippes, and there are greate Whales, whome thou hast made to play therein: all these creatures waight

Generation falleth into corruption

Math. 6.

The prouydence of God.

Psal. 103.
Psal. 104.
Iob. 26.
Ier. 5.
Gen. 3.

Wine Oyle, bread, Gods giftes.

The trees of the lord are full of sap.

Psal. 92.

Esa.27. Io.h.xi. Psal.lxii.

vpon thee, that thou mayst giue them, meate in due time: when thou gyuest them, they gather it, and when thou openest thy hand, they are fylled wyth good thynges: when thou hydest thy face, they are troubled, when thou takest away theyr breath, they dye, and they are tourned agayn to their Dust. &c.

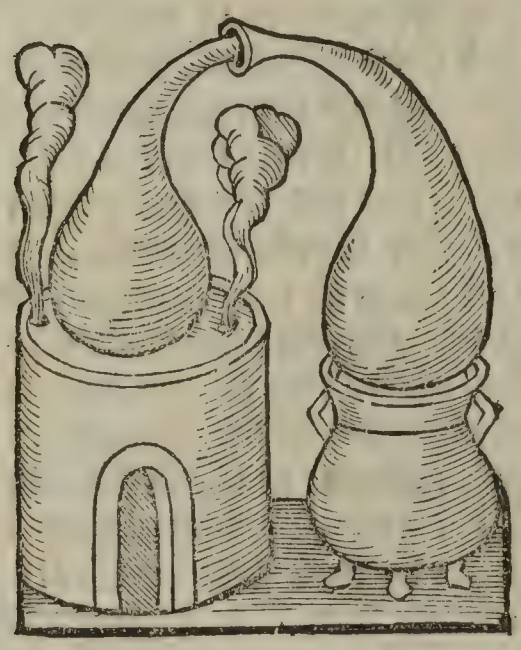
Euery thinge tourneth to dust.

Lo here my deare brother Marcellus I do ende simplie of Simples, praying thee in the meane tyme to take them in good part: waying my present case, disquietnes, and trouble. Good wyll euer was with me and shalbee to my small power, although leasour lacked, and time would not serue for the purpose: but whan it shall please God that we shall talke together agayne, I wyll make amendes for all faultes escaped, GOD willing, who euer keepe thee, thine owne, Hillarius. Moreouer, behold two old friends approch at hand, the one is called Soarenes, & the other Chirurgerie. Let vs heare what they will say, a little whyle.

Trouble hath so hindred me, that I am constrained, presently to stay.

The ende of the Simples.

Ahorned Still.



Bagpipe Still.



Two heades.



Pelican Still.



The little Glasse



These stilles are very good to destil, clense and rectify al waters

Walnut.



Satirion.



Wormewood.



Strabery.

Solanū the great nighshade.

Radishe.





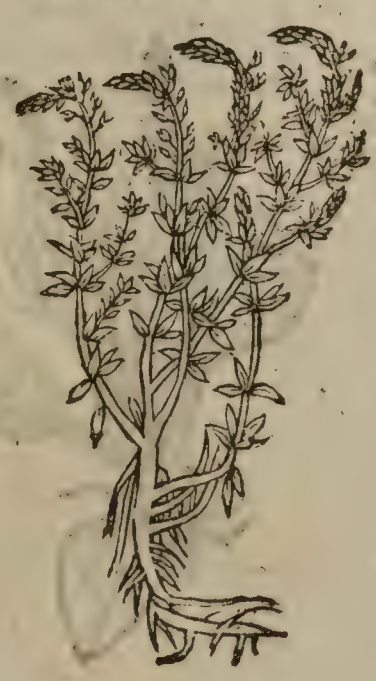


Cherie.

Hyssope.

Chickenweede.







¶ 4 Scabious.

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Scabious.



Peache.



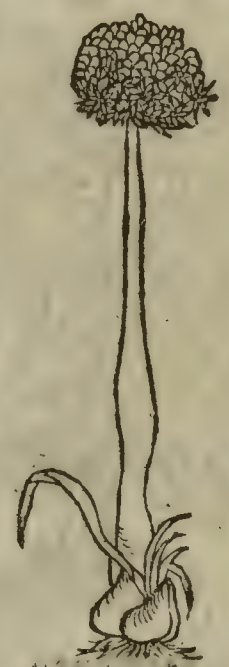
Lauender.



Endiue, or Southistell.



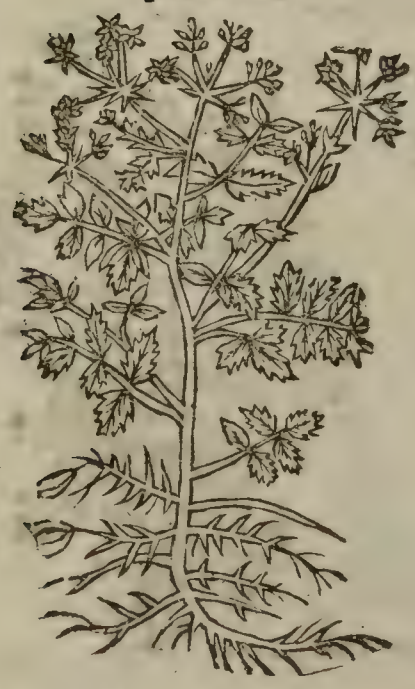
Onions.



Parietory.



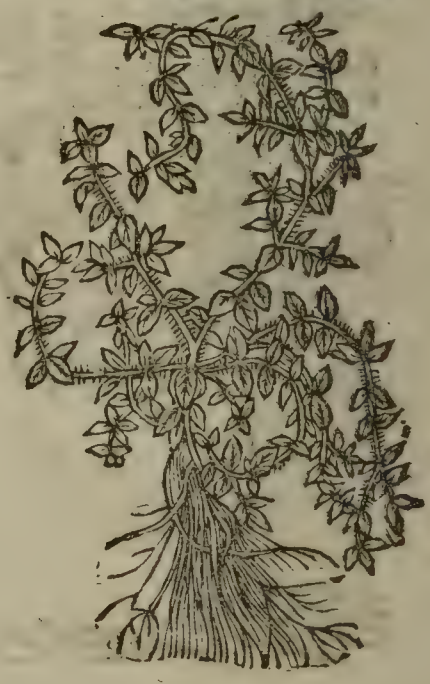
Parsley.



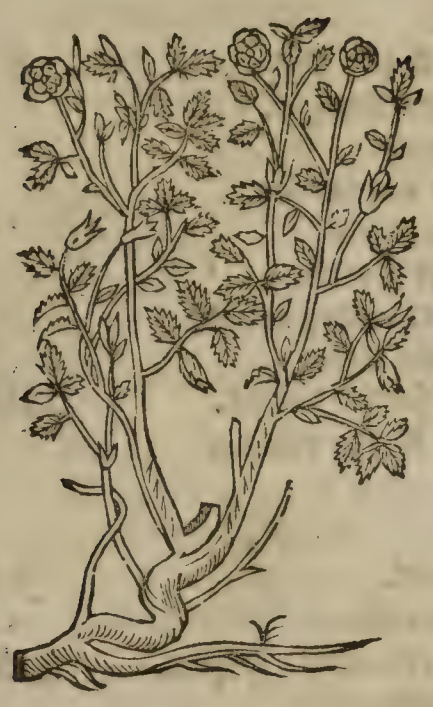
Plantein.



Pennyroyall.



Rose.



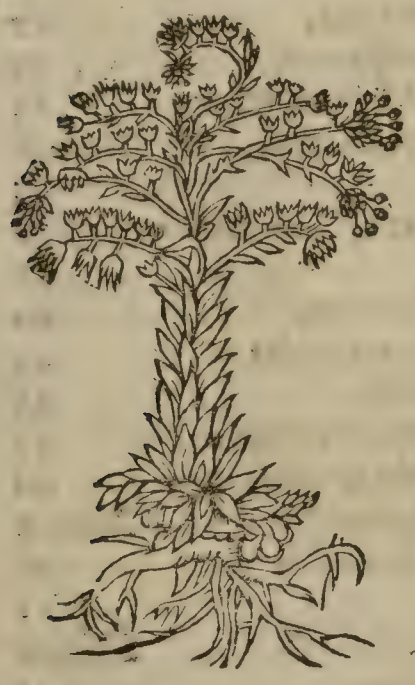
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Chicozie.



Housleeke.



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Tilia.



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FINIS.

HEREAFTER enſueth a litle Di=

alogue betweene two men, the one called *Sorenes, and the other Chirurgi, Concerning Apoſtumations,* & woundes their cauſes, and alſo theire Cures, gathered by VVilliam Bulleine the Auctheur and Collectoure of all theſe. Dialogues, contayned wythin this Booke Very profitable *for euery Reader, and* true obſeruer of them.

And fyrſt beginneth the Sore *Manne to ſpeake, as* Followeth,

(:)

1579.

A B C D E F G H
K L M N O P Q
R S T V X Y S.

A LITTLE DIALOGVE BE-
tweene Soarenes, and Chirurgi.

Soarenes.

NOw our old Freindes haue done all their long talke, very profitable to each other, & also to as many as haue heard them. I trust we shal spende the tyme to the like effect, with no lesse profite, thā *Marcellus* and *Hilarius*, which had comfort in seeking forth the sweete flowers of sundry shapes in the fyeld, to their no small delyte, all this last Sommer. But now the horie, stormy, darke Winter weather approacheth nere, as Persius sayth: *Admouit iam bruma foco te Basse Sabino*. Bassus, cold Winter doth draw thee to the fyre, in the Mountayne called Sabinus, sayth he. Cold weather sayth he, draweth nere, Flora is fledd, Boreas, perceth, and causeth al beastes to tremble, bereuinge theym of their pleasant Sōmer shroudes, vnder the sweete leaues of greene Trees. The Earth is new couered with whyte Snowes, hard craking Ice, and horye frostes. Byrdes do quiuer and quake, lurking in the holes of Rockes and olde Barnes, for their relefe. The Beastes with slender empty bellies and cold trembling Carkasses, doe cluster in flockes, or shroud them selues vnder the naked Bushes, with their faces from the fierce wyndes. These short Dayes, and long nightes, cause both man and beast to draw togeather in warme places, and close houses, now the poze Bees, if they laboured wel in Sommer, haue their close sweete delytes in warme Hyues in winter. Thus doth Nature geue prouidence to sondry creatures, to forsee daungers to come, as honger, cold, storme. Furthermore, God & Nature, haue from the beginning, taught both man and beast, not onelye to relieue themselues in health, but in the tyme of sickness, and Soarnes: each of thē are taught how to correct, stop, & purge such humours, as do offend nature.

Sabius a famous Mountayne in Italy

Flora a Goddes of Flowers a harlot of Rome.

Borias the Northeast wynde

Thus man artificially, and beastes naturally, haue a wonderful prouidence, wherby the glory of our Lord, and God doth appear of no smal Maiesty, and deuyne power: which prepared his incensible creatures, as Man, Beast, Fysh, Foule, Serpentes. &c. And one of them to be both meate and medecine for an other. His name be praysed therfore. Amen.

Chirurgi.

NOw beit good brother you haue reuerently spoken, of the Diuine prouidence. I perceiue you did heare and marke wel, what end our good frend Hilarius made, Praysing God with the holye Prophete Dauid. Psal ciii.

Soarenes.

YE forsooth, although I be sore in body, yet I trust to beginne with good comfort, with a pleasaunt Comodye, and not end in a fearful Tragidye, For I haue hard say in the wrytyng of the holy Euangell, which reporteth from the mouth of God, saying: before al thinges seeke the kingdome of God, and then shall all thinges be geuen vnto

Tragedies begin euer euil & end the same.

First seeke Gods kyngdome.

you. If al thynges shalbe geuen vnto them, which pray vnto God, than shal comfort be geuen to the Careful, Breade to the Hungrye, lyberty to the thrall. And fynallye health to the Sicke, and Soare. &c. As example, Christe gaue health vnto the Lepors, Lame, Blynde, &c. Euen so I trust, beyng a soare Body, to be relieued at the mighty hands of God, or through him, by his cunning ministers, among whom you are one, whiche haue done many happy Cures, as I haue heard. Wel, say furder, we haue present occasyon, and tyme conueniente giuen vnto bothe: you, to warne you labour continually, and I agayn for health, pacientlye to suffer and learne some wholsome doctrine, for my relefe. For if the Builders of Houses, wherein our Bodyes be shrouded, be not to be forborne: much lesse the repayrers of the Bodyes of men, wherin the Soule remaineth, can be spared when eyther Wounde, Sqare, Botche, or such lyke assaulteth our mortall mantion of the body. To conclude with you I wil, followyng all this short Winters day, in the warme house, to demaund questions as wel as I can, for my health and learning.

Chirurgi.

Say on your mynde a Gods blessyng.

Soarnes

Ignorance.

Curtasie.

For that I neuer did Drynke vppon the sweete Fludde, or Well Spryng of Philosophy, in my tender yeares: neyther haue sleapte vnder the noble Mountayne, and sweete two topped Hill, called Pernasus, Further, I did neuer slumber, or forgotte my selfe, throughe Golden Sleapes vppon Helycon that Noble highe Hyll, and pleasaunt place, where somtyme the nine Muses, gaue forth theire Sacred gyftes. But rather I haue Drunke and Bybbed vppon the cold seuerus flood of the pale Water called Perenne: and washed my selfe in the Darke Streames, of the forgetfull Hellish Broke Lethe in Cleane forgetfulnes. Therefore to saye the truth of my selfe, my fore Body and doltish Brayne, can receiue but smal health, & Comforte, except it shal please thee, gently to heare mee: For curtesye is a goodly Schole maistres, and Comfortable are sweete Cordials, and wholsome salues: and bytter woordes, are byting corosiues, to feeble Myndes.

Chirurgi.

Soft Chirurgians make foule fores.

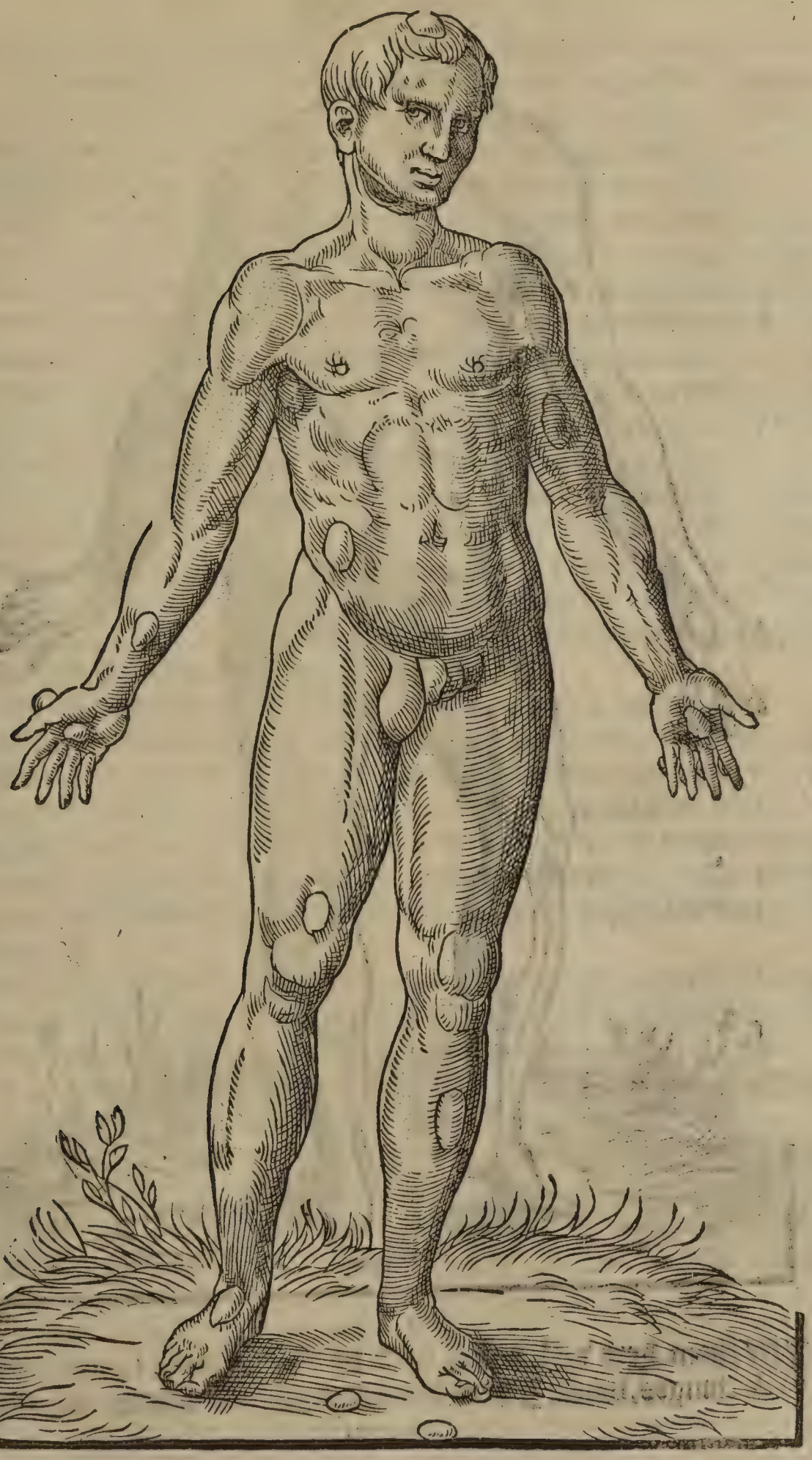
You say the truth. Euen so, soft Chirurgians make foule soares, sweete woordes are pleasaunt to Women and yonge Children: but playne true tales, ought to bee amonge Men of knowledge, without curious Circumstaūce, or Rhetorical coloures.

Therefore goe to your matter, the daye is cold and short, the tyme passeth spedely away, and can neuer come agayne.

Soarenes.

Forsooth

FOr sooth that is most certayne: therfore let vs spend the tyme wel. For my part I would know how to heale my soares which you do se here present before and behynde.





Chirurgi.

I see them very wel, and I truſt by Gods graee t to teache you thoſe thinges, which I haue learned my ſelfe of others . for cure

Soarnes

what

WHat men of credite,both olde,and new,haue writtẽ of this most worthy Arte, of the hand craft of Chirurgi, or meanes thereunto, shewe mee some of theyr names, for to encourage mee to loue thys sayde Arte.

Chirurgi.

I Shall call to mynde,and note with Pen, a nomber of worthy men,both old and new,Heathen and Christians,straungers, and Englishmen although a great nomber whom I know not in this realme, which be worthye Persones, and cunninge men, profitable to our common wealthe. As the most worthy Fraternity of the Chirurgians, of the moste auncients and famous Citty of London: wheras through learned Lectours,and the Secrete Anothomies,by,and through the learned doctor,M. John Kaius,reueiling vnto this Fraternity, the hidden iewels,and precious treasures of CL. Galenus shewing himself to be the .2. Linacer, whose steps he foloweth.

Doctor Turner.

Who shal forget the most worthy Doctor William Turner: whose learned actes, I leaue to the witty commendations,and immortall prayse of Conradus Gesnerus. Yet his Booke of Herbes,wil alwayes grow greene, & neuer wither, as long as Dioscorides is had in Wynde, among vs mortall wightes. The noble estate of knightes,among the English or Brytish nation, which of them did neuer in rase, geue a trippe,out runne, or winne ỳ victory of syr Thomas Eliot knight: who hath planted such fruitful trees that his graftes do grow in each place in this our common wealth, and his Castel of health, cannot decay.

Doctor Kaiui.

Sir Thomas Eliot knighte

Thomas Faire Doctor

Thomas Fayre Doctor of Phisicke is not deade but is transformed and chaunged into a new nature immortal: he hath left a peece of darke earth behynd him, and gone ouer Lethes fludde, forgettinge this world, and wyth pleasure spendeth the tyme among the heauenly Muses vnder the two topped Hil of Pernassus. Ful wel he knew Plini which taught ỳ goodnes of cleane creatures,and also the pestiferous venome of deadly Melãcholy Serpentes,and their present remedy by the vertues of herbes of sõdry kyndes.

Doctor Androw Borde, wrote also wel of Phisicke, to profit the common wealth withal. This man declared how he was in a great city wher he did see three hellish Tragedies: the one was Nullus ordo, the second was Stridor Dentium, the thirde was Horror inhabitans, & yet this Borde was a bird of this nest or Cage,called Rome, wherof he maketh this reporte. I wil not forget M. Thomas Paguinellus, or Pannel, who hath playd ỳ good seruant, to the comon wealth, in translating good bookes of Phisicke.

Doctor Androw Borde did see at Rome, no order, gnashing of teeth, dwilling in wretchednes

Thomas Pannel.

Doctor William Kunyngham hath wel trauailed, like a good souldiour agaynst the ignoraunt ennemy: setting forth the commendation, prayse, & profite of Astronomy, Cosmography, and Geographye, &c.

How wel was he seene in tongues, learned in Artes and in Sciences, Natural and moral. A father in Phisicke, whose Learninge gaue liberty to the ignoraunt, with his VVhetstone of wit, Castle of knowledge and fynally geuing place to sliding nature, dyed himself in bondage, or prison.

Doctor William Kuninghã

By

By which death he was deliuered and made free, & yet liueth in the happye land among the Laureat learned, his name was Doctor Recorde, wyth many other, which I muſt geue place to time. For their vertues be not vnknowē in Phiſick, & Chirurgi, although I name thē not. Yet if thou do further delyte without diſdayn to know the names of them which haue bene excellent in the worthy art of Chirurgi, Phiſicke. &c. I wil declare theire names in order as I haue noted and knowen. As following hereafter by letters.

Achilles.
Aeſculapius.
Aetius.
Aggregator.
Auguſtinus Doct. Medic.
Albucaſis Mahumetan.
Alexander Aphrodiſienſis.
Alexander Benedictus Veronenſis
Alphonſus Seruius Neopolitanus.
Amatus Luſitanus.
Antonius Fumanellus.
Ariſtoteles Philoſ. Princeps.
Arcagathus Peloponenſis.
Auicenna. lib. iiij. Fen. vij.
Arnoldus de Villa Noua Comen.
Aurelius Cornelius Celſus.
Albertus magnus.

B.

Bartholomeus de proprietatibus rerum.
Bartholomeus Montognan.
Bartleus Doc. Medi.
Bunus Doc. Medi. Cant.
Buttus Doct. Medi.

C.

C. Plinius ſecundus.
Caſſius Iatroſophiſta.
Chyron.
CL. Galenus.
Conradus Geſnerus.
Conſtantius Cataplaſmatis.
Carrus Doct Medic.
Clemens. Doct. Medic.
Calduellus Medicus Doct. Oxo.
Chamberus Doct. Medic.

D.

Damocrates.
Damoxine.
Diocles.

E.

Eucharius.
Euelpiſtus.
Euonimus.
Edwardus Medicus Doct. Cant.
Edmundus Chirurgus Ebor.

G.

Gariopontius.
Gorgias.
Genus Medic. Doct Oxo.
Guido Caliacus.
Gulielmus Placentius.
Gulielmus Turnerus Medic. Doc. Cant.
Gulielmus Variginanus.
Gulielmus Kunynghamus Medic. Doct.
Galus Chirurg. Lon.

H.

Hatcherus. Medic. Doct. Cant.
Helyodorus.
Heraclides Laurentius.
Heraclius.
Hera Cappedoc.
Hyeron.
Hyeronimus Brunſ.
Hieronimus Cardanus.
Hyppocrates Cous. Princ. Medicorum.
Hugo.
Huycus Medic. Doc.

I.

Iacobus Hollerius.
Iacobus Ruffius.
Ioannes Kayus Medic. Doct. Cant.
Ioannes Almanner.
Ioannes Bauerius
Ioannes Barnardus.
Ioannes Frerus Doct. Medic. Cant.
Ioannus Manardus.
Ioannes Tagaultius
Ioannes Vigo Genuenſis.
Ioannes Porterus Norwic.
Hilius. id eſt Albanus. Montanus Doc. me.

L.

Lucas Euangel. Medic.

Linacrus

Línacrus Doctor medic.
Lanfrancus Mediolanenſis.
Leonardus Bareapalia.
Leonardus Fuchſius
Ludouicus Bonaciolus.
Ludouicus Cælius.
Langtonus Doct Medic. Canta.
Lorkinus Doct. Medic. Can.

M

Machaon.
Mantias.
Martianus Corinbekus Docto. Medic.
Marianus Chirurgus.
Meges Chirurgus.
Michael Angelus Blõdus.
Maſterus Doct. Medic.
Montanus

N.

Nicolaus Maſſa'.
Nicolaus Myrepſi.
Nicolaus Pol.

O.

Oribaſius
Otho Brunfelſius.

P.

Podalyrius.
Paulus AEgineta
Petrus Andræas Matthiolus.
Petrus Tolenus.
Philopenus.

Q.

Querenus.

R

Raſis.
Rogerus.
Rolandus Capellatus.
Robertus Balthropus Chirurgus.

S.

Sebaſtianus Aquilanus.
Socrates Chirurgus.
Soranus.
Soſtratus.
Symon Ludfordus Doct. Medic. Oxo.

T

Tertius Damianus.
Theodorus Epiſt.
Theodorus Priſcianus.
Theophraſtus Paraſelſus.
Thomas Eliota Eques Angl.
Thomas Philologus Rauen.
Thomas Colphus Pharmacopulus Ang.
Tryphon.

V

Vidus Vidius Florent.
Wendius Medic. Doct. Cant
Vickarius Chirurgus Lon.

And thus I do end of the names of many men, beſydes no ſmall nomber of them, which haue, and do profeſſe this worthy Art, both of Phiſitke, & Chirurgi, to the great profite of ech common wealth.

Soarenes.

Why do you rather cal Surgery an Arte, then a Science? which I take it to be..

Chirurgi

BEcauſe it taketh the name of a Greeke Nowne, cal- *Chir*, an hand in Engliſh, and *ergon* miniſterye, and al- though both togeather called Chirurgia or hand miſte- ry ſhould be rather hand craft, and not a Science: and this is my probation of this diſinition. For ther be two kyndes of Chirurgi, the fyrſt is Theorica, which is the mo ther Scholemiſtres, nouriſh, and Learner of this pro- fitable Arte, without the which the workers therof, haue but one eye, and ſee this Arte But thrroughe a darke payre of Spectacles.

What is called Chirurgia.

The

Two kyndes of Chirurgia.

The second and last part is called Practica, which is to put in vre, that which Theorica hath learned him, although Practica be very auncient, and to some men fortunate, for healyng is the synguler gift of God, as the Apostle saith. Yet the former called Theorica, is reckoned a sciẽce, how be it vnprofitably, and by tyme vsurped. Also the last named Practica, I meane not as the common people do terme euery tryfeler, or light doer, to be a practicioner, that is able to seperate the qualityes of oyntmentes, and to decerne perfectlye of Herbes, Gummes, stones, trees, fruits &c. And to compound symples togeather, through knowledge, iudgement, and quicke inuention. For compounded oyntmentes make plasters, and aleie Cerotes, accordyng as it is seene in the worthy workes of Nicolaus, Valerius Cordus, Leonardus Fuchsius. &c And when the bodyes of their pacientes, be sore or sycke, then the practicioner must minister, and the medicine must take his effect, with nature, and God to geeue the healthe, throughe his good instrumente, whom the auncient Learned Men do tearme, the artificiall Chirurgian to whom great reuerence was geuen, and suche Men were in great estimation somtyme, but now not very muche.

Soarnes

What is then the cause, that so many Chirurgians now a daies be despysed, and liue so basely and are coumpted the abiectes of the common people: if the Chirurgians shoulde so be honoured, as thou saylie they should be, beyng repayrers of decayed men?

Chirurgi.

Repayrers? No, rather destroyers, marrers, and manglers of the bodyes of men, women, and childzen: and these mẽ lacke not onely learning, and knowledge, but also witte, & honesty, through whose wickednes, the auncient practicioners and sober doers in Chirurgi, bee greatly abused among the common people: as commonly we see the good men are despysed, through the light behauiour of the wicked. For vnder ỹ name of Chirurgi, many yong men, lyue in the Saintuarie of Idlenes, forsaking their owne handy craft: and many crafty barlets, committing sondry crymes, eftsones they do flee into straung countryes, wandryng vp and down. And what be their shiftes? Mary, to buy some grosse stuffe, with a bore of Salue, and cases of tooles, to sette forth their slender market with all: For Dogleeches and Tinkers shal haue worke in euery Village. Then fall they to Palmestry, and telling of Fortunes, dayly deceiuyng the symple: lyke vnto the swarmes of the vagabound Egiptians, and some that call themselues Jewes, whose eyes were so sharpe as Lynx, for they see all the people with theyr knackes, straung lookes, prickes, domifying and figuring with such lyke fantasyes fayning that they haue familiers & Glasses, where by they may synd thinges that be lost, and besydes them are infinite of old doltish witches, with blessinges for ỹ Fayre and conturing of cattel: And ỹ is the cause ỹ so much idlenes & infidelity is practised, in this euil, estate.

An ignorant Surgean is a man fleer.

Chirurgi is become a Sãctuary.

Of Vacabond Chirurgians. Worse then theeues.

Lynx can serue best of any creature, and his vryne. will turne into a stone Hym.

Of land leapers, and many symple inhabitours, worse than the subtil Limetours and beggyng Freers, which deceiued many thorow Ipocrisye: & more hurtful then the crafty Pardoners, which preached remission of sins in euery Parishe church, with belles and Pardons from Rome. These bee worse then vagabounde Beggers, robbinge the people, and more hurtfull than priuate murderers, in kyllyng men, for lacke of knowledge, and in warres oftentymes, the good Souldioure is cast awaye sooner, throughe the villayny of such Chirurgians, than by the weapon, and hand of the Ennemy. And this is a lamentable, and most pittiful case, and hurtful to the common wealth: but forasmuch as mankind beyng the principal Creature of Almighty god the Aungels excepted, which doo dailye behold the presence of his maiesty is so excellent a thing, yet this mankynd, through dayly casualtyes and missehappes, eftsoones is hurt with faules, bruised with stryppes, pricked with Speare or Dagger, wounded with Weapon, burnte wyth fyre, bytten with madde Dogges, wherby his body standeth in dayly daunger and peryl of Death. Therfore poore brother Soarenes, lyke as I doe here discouer these rabelment of Mineruas Seruantes, which liue only by theste, yet God forfend, but in the absence of the learned Chirurgian, the wholsome medicines, prepared of good people, and charitable neigbours, should be greatly preferred, to helpe in such cases, when tyme, place, and danger dooe requyre, or els a great nomber shoulde be cast away for lack of help. Wher as many for lacke of wit and welth, of these Dogge leaches, whiche neuer knew letter of booke, behaue themselues dayly as followeth, with their cõsorted fellowes as, I haue wrytten in playn grosse woordes followynge,

The souldier is hurt more by an euil Surgion, than by his ennemies wepons often it is so proued.

The miseries of man, when he is hurt in body.

Many god medecines are made of the Playne people, to helpe in the absence of the Chirurgians.

Dogge Leeches.

Some men in misery straunge shiftes wil make,
Spending tyme vainly, and labour forsake:
To liue lyke Lurchers, what force they of shame,
Preferring knauish knackes before a good name.
In countenaunces haut, and netnesse of clothes,
Roysting lyke Ruffians, thundring forth othes:
Furderers of Frayes, with longe Dagger or Sworde,
Sowing of dissention, at eche mannes borde.
Caryers of newes, proclaimers of lies,
Liuers by Lechery, blood sucker, and spyes.
Braynlesse as brute beastes, and Furious fell,
Lyke Plutoes whelpes, trained vp in Hell.
Murcia doth teach them, no labour to vse,
But slouthful to liue, and vertue refuse.
Lauernia theeues Gods, al dayes of their liues
Arme them with horned thumbes, and fine sharp kniues
In Churche, Play, or Market, they hunt for the purse,
And Preach oft on Pillory, their Eares are the worse
Their thumbes be blaunched, with a.T from the fire,
Such wooke as the vse, so payed is theire hire.
Dame Pæna with Palenes, that Lady of neede,
Bringeth men into misery, and euil for to speede.

The discription of an vnryfit, or a Villayn, of nature stryuing agaynst grace, and vertue, vnprofitable for a common wealth.

Then

Then are they make ſhiftes, deceiuers of other,
Smal forcing to robbe, frend, father, or brother.
To each wynde that bloweth, the thiefe ſets his ſaile,
As careleſſe as the Foxe, which waggeth his taile.
Not forcing who ſee him, in runninge to his borough,
Though houndes him hunteth al the couert throughe,
When he hath moſt curſes, then fareth he beſt,
When ſpent is his ſpoyle, he taketh his reſt.
The eftſones he ſercheth, holtes, felles, woods & fenes,
For rauening of Lambes, and ſtealyng of Hennes.
Thus lurketh wyly Raynerd, with out any care,
But thend of his progreſſe, is the gallow and ſnare.
Such Foxely feats are vſed, among a great nomber.
To the publike weale, much loſſe and comber.
More hurtles then fat Monkes, & Friers of diſceit,
Which liued in Idolatry, but had plenty of meat.
To geue to the pore, that had honger and neede,
But the Ruffen wil robbe, meate, money, and weede.
And vnder long cloke lurketh, w̄ tucke & sharp knife
For goldes ſake the gitles, to reaue them of life.
Thus hurting the innocent that trauel with truthe,
To ſuffer ſuch villaines, it is a great ruth.
No more then Thiſtel, which choketh the Corne.
Great pity if it pleaſe God, ſuch wretches were borne.
Their parentes do fanſie them, like relikes & halowes,
And wil neuer correct thē, til thei climbe the gallowes.
To no learning nor art they train them vp in youth,
But in idlenes and picking, with tales of vntrouth,
In horehunting, beaſtlines, and belly ioy of life,
In backbiting and baudrye, defiling mayd, and wyfe.
Yet parētes your tēder brāches, eaſelie you may twiſt,
But whē it hath great ſtrength, you cānot whē you liſt.
Then in ſtryuing for victorye, it is no greate wonder
Old boughes wil not bend, but firſt cracke aſunder.
Yet inſtruct your childrē ſo, while youthful daies do laſt
That thei may ſerue the comō weale, whē you are gon
Then ſhal they be no brokers, to vſurers hāds, (& paſt
Wherby many oft do loſe their goods and landes.
Neither to be petty Foggers, in caſes of the Law,
To make mountaynes of Molhils, & trees of a ſtraw.
Or oppreſſours of poremen, with writs in their bags,
Cloth themſelues like Prīces, when other lurk in rags
Then ſhal they not be Paraſites, in tyme of proſperity,
But ſuccour the helples, in the ſtormes of aduerſitye.
Neither ſhal the ignorant, counterfet Chirurgy,
Seming to ỹ ſimple nōber they are ſeen in Aſtronomi.

Euil parentes what frutes they bryngе forth, and to what end they come.

For counterfayt Chirurgians.

VVyth flattring wordes, and trim tales, gloſinges they can tell,
As though in naturall Philoſophy, they were ſeene ful well.
VVyth retrogradation, and Lord of the aſcendent,
Plaſters, Oyles, Pouders, Salues, and matter defendent.
In ſeeming to be ſkilful, in euery euil malady,
VVhether it be moyſt, colde, burning, hoat and dry.
Yet neyther reade Tagaltius, Marianus, Guido, nor Galen,
Olde Hyppocrates, Dioſcorides, Raſis, nor Auicen.
Latine nor Engliſhe, little or none, do they reede,
Small is their knowledge, mutch leſſe is their ſpeede.
Yet lacke they no Brimſtone, Quickſiluer, or Litarge.
Oyles groſſe and lothſome, to beare out the charge.
They haue Palmeſtry, and Charmes, at eche wyghtes deſire,
Good ſtore of bleſſinges, for tothache, and ſaynct Antonies fire.
If yong Babes through Feuers, wyth cold be ſhaken,
Then they ſay an enill ſpirite, the childe hath taken.
A bad Angell of the ayre, an Elfe, or a witch,
VVhen in deede, deere frende, therebe few ſitch
To moleſt the faythfull, to bryng them to confuſion,
But to the infidel and faythleſſe, it is Sathans deluſion,
VVrought by his inſtruments, Loyterers, and Lyers,
VVorſe then the valiaunt beggers, and mendicant Fryers.
Murderers of mankinde, in knowing of no arte.
Baniſhe them from Chirurgi, commende them to the Carte,
To the flayle and the rake, the trace and the tog,
To the doung Forke, & Mattocke, to the Sheephoke & the dog,
To the Naule and the Linget, the Briſtel, and the Shoe,
VVhat ſhould the Shomaker, wyth the Chirurgians workes doe?
For it is the nobleſt worke, wrought by cunning hande,
Excelling al other artes, in eche Citty, and Land.
If Prynces be wounded, when noble men are ſore,
The Chirurgen them helpeth, of Chirurgians what more?
VVhen bones are broken, and members diſplaced,
VVhen the features of the face, wyth weapon be diſgraſed,
VVhen bloud is ſhed, in cutting of the vaynes,
The Chirurgian alone, helpeth him from paynes,
Repayreth mankinde, and giueth hym reſt,
So of al knowledge, Chyrurgi is moſt beſt.
For no treaſure or arte, can helpe the wounded man,
VVhen the Chirurgian, by his cunning onely can.
Now let this rime paſſe, Gond ſend vs of his grace,
Aſke an other queſtion, I will aunſwere to that place.

The vertue of Chirurgy.

Soareneſſe.

GOD gieue me grace, to beware of ſutch fellowes, as you haue ſpoken of before, which are an euill company: and that I myght learne what a very Chirurgian ſhould bee, whych in your concluſion, you haue commended, and what thynges he ſhould do in his office.

Chirurgi.

Eight thinges or properties of a good Chirurgian.



Ye must begin first in youth with good learning, and exercise in thys noble arte, he also must be clenly, nimble handed, sharpe sighted, pregnant witted, bolde spirited, clenly apparayled, pytefull harted, but not womanly affectionated to weepe or trimble, when he seeth broken Bones, or blouddy Woundes, neyther must hee giene place to the cry of hys soare Patient, for soft Chirurgians maketh fowle soares. Of the other syde, he may not play the partes of a Butcher to cut, rend, or teare the body of man kinde. For although it be fraple, soare and weake, yet it is the pleasure of God, to call it hys Temple, hys Instrument, and dwelling place, & the Philosopher doth call it Orbiculus, that is, a little world. Therefore seeing euery craftes man doth take great care, both day and nyght in hys vocation, to help and amend dead things, whych be insensible, as Shyppes, houses, Walles, Brydges, and an infinite number of thynges, whych mankynde doth make, and when it is olde, doth renewe it, and preserue it from ruine, and vtter destruction, although it be not perdurable: Shoulde not therefore mankinde hymselfe, for his rewarde, be diligently cured, amended and renued, when eyther through falle, wounde, or stripe he is decayed, and that wyth wysedome, and diligence? for when a house is fallen downe ỳ Carpenter may builde it vp agayne. But when mankynde departeth, dessolueth, and dyeth, he cannot be reuiued agayne, by the pollicy or cunning of mankynde, because one mankinde, cannot make an other, but rather thorough art, when they be decayed, help to amend them, through the worke of nature, and the ministration of the Physicion: for Claudius Galen sayth, that Natura est ope atrix, Medicus vero eius minister. That is, nature is ỳ worker, the Physicion is but hir minister. Therefore the Chirurgicall Physicion, is Natures seruaunt.

The Chirurgian is ỳ best hand craftе in the world.

Iob. 14.

The Chirurgian, is natures seruaunt.

Soareneſſe.

What then doth Nature worke in Chirurgi?

Chirurgi.

Nature worketh three maner of wayes, by the reason that conuenient instruments and meanes are applied in the time of neede, to help her. For fyrst she deuideth the thynges that are contayned, or vnnaturally knit together. Secondly, shee vniteth, knitteth, and ioyneth together, the seperated partes. Thyrdly, she expulseth, purgeth, and clenseth superfluous matter, that doth abounde, or offende nature.

Nature worketh three ways to help her selfe.

The strength of nature.

Soareneſſe.

Then it should appeere, that nature needes no Chirurgi?

Chirurgi.



Yes. Nature in the tyme of Soareneſſe, can no more be without ỳ Chirurgian, than the smith can be without hys hammer, or the Tayler wythout his Sheeres: and as I haue sayde before, although you seeme to be forgetfull, yet let the Chirurgian bee diligent, if he loue to be clothed wyth honesty, to lyue vertuously, and to doe thynges

Nature must be relecued by sundry meanes in ỳ tyme of daunger.

thinges artificially, and not to greue quid, pro quo, Chalke for Cheeſe, or Dirt for Drinke: for if they ſo do, if it ſpringeth of ignorance, then they are worthy to be puniſhed, and after to bee reformed. But if they bee Men of knowledge, & thus abuſe their Pacients, they are worthy to bee puniſhed, as malicious murtherers: but heere I ſtop and lay a ſtraw, I wyll meddell with no matters of the Lawe, I am no Iudge, although it be good and the chiefe Regiment, of our common wealth, yet I haue receyued as ſmall profit by Lawers, and vnquiet men, as wounded men get perfyte health, by ignorant Chirurgians, or quiet Men, leade happy lyues with angrie Wyues, for whom there is no remedy, but pacience perforce, quod Socrates, to Xantippa.

Soareneſſe.

IS your name Chirurgj? We thinke by your talke, you haue a domeſticall griefe, how helpe yee your ſelfe, when your Feuer taketh you, you beare out the matter as well as you can.

Chirurgi.

IF I be diſeaſed of any ſutch Feuer, I do not intend to ſeeke counſell at your handes, neyther of Hippocrates, nor Galen, &c. But only of Diogines, whych loued to be alone, & Socrates was taught pacience: but to conclude, no man knoweth the griefe of a ſtrayght ſhooe, but the Wearer thereof: but for aſmutch as many Handes make lyght Worke, and many ſhoulders paſſe ſmall of greate burdens, I care the leſſer, hauing ſo many parteners. The remedy is this, when ſtormes bee paſt, faire Weather commeth at laſte.

Soareneſſe.

WEll, well, ſeeke a ſalue for that ſore, I can no ſkyll of your diſeaſe, God wote, mutch leſſe to helpe myne owne griefe. I pray thee therefore help vs both, yet by your leaue although you be called Chirurgj, or Sanitas, yet I do conſider, that there is no continual ſaynte of body, or perfect quietneſſe of mynde, during thys Lyfe of mortall men For if a man would diſcend downe into his owne conſcience, and ſee himſelfe wythin, he ſhall eaſely perceyue, the wordes written of ſaynct Iob the. 18. Chapiter in hys moſt lamentable and pityfull Booke: ſayth hee, a man that is borne of a Woman, lyueth but a ſhort time, and is filled ful of myſery, and commeth vp and falleth away lyke a Floure, and in the ende paſſeth away lyke a ſhadowe, and neuer continueth in one eſtate. For truly we dayly ſee, aduerſity followeth Proſperity, bondage after liberty, pouerty after riches, ſickneſs after health, beſide an infynite number of the paſſions, & afflictions of the mynde. As zeale, ſtrife, Jelouſy, loue, Joye, care. &c. And as the wyſe man ſayth, Omnia tempus habent, al things haue their time. And God hath geuen affliction to the children of men, to be exerciſed in thē among whom, I for my ſynnes am plagued wyth thys kynde of malady, as thou ſeeſt me haue: I beſeech God of hys mercy, ſend mee health, and as many as are ſoare.

Man is but myſerable, & yet is quickly gone.

Chirurgi.

THou haſt ſpoken wyſely, for al thing is in vayne, where God doth not put to his helping hand, and by hys Prophet he ſayth, call vpon mee in the tyme of trouble, and I wyll help thee, make thee whole, and deliuer thee. Behold, how many Lepers, ſycke of Palſyes, bloudy Fluxes, blyndneſſe

Pſalme. 50.

Matth. 11.

neſſe, deafeneſſe, poſſeſſed of euill ſpirites, yea & death it ſelfe, all theſe hath God helped, reſtored, and made perfect: for there is Tempus occidendi, and Tempus ſanandi wyth God, for hee is euer occupied, eyther in punishing the wycked, or comforting of his elected.

Eccle. 3

Soareneſſe.

WOuld GOD, there were ſuch myracles now a dayes, as was then. It were a great comfort to an infinite number of ſuch as I am, neyther ſhould it be paynfull nor coſtly, for Chryſt coueteth no money, although Simon magus delighted in nothing els.

Chryſt is not couetous.

Chirurgi.

SOareneſſe, Soareneſſe, Thou ſayſt not well, for it is rather a tempting of GOD, then a beleeuinge in GOD, to looke or wyſhe for Myracles, for faythfull Men neede none. And I truſt thou arte faythfull, therefore thou needeſt no Myracle: but rather conſider thys, Chryſte healed the bodies of ſycke men, two maner of wayes: the one by vertue of his Heauenly word, whereby we be taught that he is GOD. The ſecond, he healed ſometyme wyth Clay, with ſpittle. &c. wherein we be learned, and he alſo hath learned vs, in the tyme of our ſoareneſſe, prudently to vſe Gods Inſtruments, and meanes, yea, not wyth Clay, or Spittle, yet wyth pretious Herbes, Fruictes, Gummes. &c. For GOD hath ordayned them onely to help his people, to this ende, that hys people myght ſerue hym. Tobias healed hys fathers Eyes, wyth the Gaule of a Fyſhe, an Aungell prepared the Medicine. Ezechias the Kynge in the tyme of hys Peſtilence, was healed wyth a cluſter of Figges, The great Prophet Eſay, gaue hym thys Medicine. Eliſeus dyd cenſe thrugh the vertue of a ſweete tree, the foule ſtinckyng Waters. Chriſte in the Goſpell, commaundeth the Apoſtles to cary Oyle wyth theym, to heale the ſicke. S. Luke the holy Euangeliſt was a Phyſicion, and ſome of the antiquityes of hys Phyſicke, remayne vnto thys day. It is ſayd alſo that holy Eſdras made a goodly Medycine, when the people were in captiuity in Babilon, to clenſe them from their Melancholy, and heauineſſe of mynde, which Medicine is called after hys name vnto thys day: Theſe and ſutch lyke examples Soareneſſe, ſhoulde moue thee to vſe theſe meanes to help thee.

A faythfull man beleeueth wythout myracle, for fayth is not ſeene, but miracles are ſeene.

Two manner of healinges.

Eſay. 38. 4. Regum 20

Luke.

Soareneſſe.

HEartely thank you, I ſhall by Gods grace, obſerue your ſayings, and vſe Gods Inſtruments reuerently, by whoſe meanes wee poore Men be healed. And ſometyme the rych Infidels, ſtill tormented wyth ſoares. &c.

Chirurgi.

EVen ſo be ryche alſo, for Sycknеſſe, as we do dayly ſee, doth not perticulerly dwell in poore men, but rather generally in all, although the kyndes of ſicknes be variable, & the Complexions diuers, & the cauſes many, and euery ſickneſſe, and ſoareneſſe, haue his proper name, although

men, ey-

men, eyther through ignorannce, ſhame, or craft do abuſe their names, although the effect do ſtill remayne, as in cleny termes by your lycence, they will call it nothing els, but a ſauſy ſemed Face, red or hygh coloured, when many tymes in deede, it is not only ſo, but the very Leproſy wyth all. It is nothing ſay they, but breaking out, or paynes of the body, weakeneſſe of Lymbes, or a greene ſickneſs, through the obſtruction of ỹ Lyuer &c. with ſutch nicke names, whoſe very ſure name is, the Buttens of *Naples*, Gallicus morbus, commonly called the French pore.

When doe vſe prety tearmes for foule fores and call theim by one name, when thei are an other,

Soareneſſe.

HEtherto yet ſtande I in doubt, although I bee payned, howe to name truly my deſeaſe I cannot, although of it ſelfe it bee deſinable, felt of me, and ſeene to vs both, & known onely to thee, what think you it is, I pray you tell mee?

Chirurgi.

It is none other then apoſtumation, as it doth playnly appeare to me.

Soareneſſe.

Then I pray you, gieue me a diffinicion, and deuiſion, of an apoſtumation.

Chirurgi.

APoſtumacion is a very euill diſeaſe, compounded of. iij. kyndes of maladyes, gathered, and growing together in one quantity, fyxte of an euyll Complexion: Secondly a naughty compoſicion: And thirdely, the continuaunce of tyme. Theſe three make an apoſtumation, or ſwelling wtin or without the body, notwithſtanding, as Galen ſayth, not all kynde of ſwellinges make apoſtumations, but ſutch onely as anoy the body, and the roote thereof is the corruption of the foure temperamentes, when they be altered, and chaunged into Fleume, Bloud, Choller, & Melancholy, through them the ſhape of a member is altered, when it is chaunged from his naturall forme, into any ſtraunge, or deformed figure. Alſo the breache of continuaunce, is cauſed through incitions, coroſians, breaking, or ſtretching, as Galen ſayth, in the ſecond de arte medendi, neuertheleſſe the chiefe cauſe is through ſtretching, whereby the partes of the body bee ſeuered one from an other, and this is my concluſion of this diffinicion.

Apoſtumatiõ is compounded of three ſundry euils.

Breache of contynuaunce is, when the whole partes are cut, or broken,

Soareneſſe.

How many kyndes of apoſtumations be there?

Chirurgi.

THere be two, the one is hoat, and the other colde, for euery apoſtumation is hoat or cold, touching their humour: but accidentally they be diuerſly hoat, as Galen ſayth the hoate haue their proper ſignes, to be knowen by, euen ſo haue the cold, whereby he perceyued. Apoſtumations, wherein is boyling, and burning, wyth continuall heate, are iudged to come of bloude, or Cholericke humour, euen ſo iudge them of Melancholy, or Fleume, when they ſeeme to be colde, Pale, deaddiſhe, or partly not felt, and thus thou ſhalt perceyue their kindes, and al-

Three kindes of Apoſtumacions, hoat, and colde.

Howe to knowe Apoſtumation.

though they be named a like, yet they differ one frō another in cure, as they do in complexion. Moreouer, the apostumation of bloude, hath great swelling and heat ouer all the body, and is seldom seene without some Feuer, & ỹ colour is a dim dark red, also hardnes, if you prese it with your finger, because so mutch matter, is gathered grossely in the place. The pulses wyll beat very soare, the matter being ouer laden, will kepe downe the artery, & therefore nature attempting to reise and lift vp the same, will cause great beating in the vaynes, wherefore the more arterys be kept downe, ỹ greater is the labour, and beating of the Pulses, after whych, sometyme followeth such dolour and payne, that all the partes of the body come to destruction, as oftentimes in hoat euill complexions, where euill matter is heaped together in apostumation. That in fyne, repletion, and tencion, of all the course of the vaynes doe come, for all the vaynes in the sayde apostumation, by the meanes of the aboundance of bloud, will swell and become great, although before, they were vyght, strayte, cleane, yea, & some as small as hayres, and these bee the apostumations of bloud.

The aboundance of bloud in the apostumation.

Soarenesse.

What sayest thou then, of them that be Chollerike?

Chirurgi.

APostumacions Chollerike, be gentler as touching their swelling, but they doe excell more in payne, and be farre crueller, because of sharpnesse, and byting of the humour, wyth bitternesse, & drynesse of Choller, whereas bloudy apostumations, although they do swel through moystnesse, yet the same humidite or moystnesse, causeth ỹ soare to be more gentler, and of lesser payne than the Chollerike, for they be two contraries, as Aristotle sayth in his Booke of generation, and corruption, Ignis qui est in vltimo continentis, non est in fine ebullitionis, and in another place he sayth, Elementa omnia adinuicem contrarietatem habent, and that is wel sayd, for heate is an extreme contrary to colde, so is moystnesse to drynesse, & more payne in the one apostumation, than in the other.

The cruelty of the Chollerike apostumacion, but ỹ bloudy apostumation is gentler.

Of cōtraryes of elementes.

Soarenesse.

What be apostumations in quantity, whych of them be greatest, and which of them be least, I would fayne know, good Chirurgi?

Chirurgi.

AS touching their quantitys, know you, that ỹ Chollerike, is lesse then any other, by the reason of hys drynesse, and heat, whych restrayneth extencion, but the accident of the payne, is most cruel and sharp, and these be destroying qualitys in this quātity, what time they are come to ỹ extreme degree of heat: but apostumacions, depending of cold humours, such wyll bring their owne proper signes, beating of arteries, notwithstanding they bee not comparable to the beating of a Chollerike, or a bloudy apostumatiō, but more duller, colder, paler, &c. You must also note, that apostumations that spring of bloud, or Choller, be diuersly termed by sundry names, as Botches, Shingelles, Felones, Vushes, Vncomes, sayncte

The quantity of the apostumations.

Sundry names of apostumations, but

ſaynct Anthonies fyre,blaynes,Bladders,or Bliſters,cruſtes,Carbuncles, Peſtilent ſoares. &c. euē ſo on ỳ other ſide,apoſtumatiōs of Fleume,or Melancholy,haue ioyned vnto thē theſe names,as vndimies,knots,woūdes, Carnelles,Wrates,Cankers,Eſthachelles, wyth ſutch lyke euills of mortifycation,in their beginning, and bee all called apoſtumacions, but when they be growen to a ripenes,and do breake forth,then call them blcers, ſpecially if the matter proceede to the breach of continuaunce. Alſo apoſtumacions are ſoares compounded,and ſtande not in one humour alone,yet oftentimes we ſay ſimply,that euery one of them,ſpryngeth of one humour, heat,cold,moyſt,or dry,of whom in deed they do take their names, as Ariſtotle iudgeth in hys Naturalles,as where bloud is exceſſyue, it is called a *Bubo*, or a Sanguine botch, and where as Choller doth abounde,it is called a Chollericke malady. And ſo of the Flegmatike, and Melancholy the lyke,accordyng to their natures.

in effect are but apoſtumations.

Soares compounded.

Soareneſſe.

HItherto I haue heard, but only the Diffinitions of ỳ names,or natures of apoſtumacions, but me thincke to talke of the cures, were more profitable,for only vnto that end, do I mooue theſe queſtions vnto you?

Chirurgi.

IWyll ſpeake ſomwhat of their cures,but or I enter any further in this matter, I thynke it rather neceſſary, to ſpeake a little of thinges that be comen,and would bee prudently obſerued in theyr cures, for aſmutch as euery apoſtumacion, dependeth of ſome cauſe, and may not well be cured, except, cauſe, ſygne, iudgement of the ſame wyth effectes, be perfectly knowen. Therefore ſeeing there is nothing bolder then blynde bayarde, whych falleth oft in the Myre, nor none ſo hurtfull to ỳ healthy of mankynde, as ignorannt Chirurgians,ſetting the carte before the horſe,and the rootes of the trees vpward,whych ſhote at the marke lyke blynd men, ſomtyme hitting by chaunce,more than by knowledge, theſe thynges conſidered, Soareneſſe: thynke therefore no tyme loſt, to heare me ſpeake of the cauſes of apoſtumacions,for thereby the ſooner they may be healed, therefore I wyll ſpeake a little more of the cauſes.

Blynde Bayard is bolde.

Soareneſſe.

Why? Be there any more cauſes of apoſtumacions, whereof ſhould they ryſe? I pray you ſhortly ſhewe me.

Chirurgi.

YEs, Sayth hee, whych is the Pryncc of all Phyſicke called Hippocrates,there bee three kinde of cauſes, whereof apoſtumacions doe riſe,the fyrſt is the Primatiue,the ſecond the Antecedent the thyrd the Coniunctiue. The Primatiue,where maladies happē by misfortune to the body,from the outward parts,as incicion, breakyng ſmiting,fallyng,vlceracion of the hands and feete,or any other part wherof inſueth apoſtumacion. For when great dolour is cauſed in anye parte,

soone after followeth, that the part anoyed cryeth vppon nature for helpe, (for such is hys goodnes and prouidence) who sendeth out of hand some succour to the impouerished, and soare partes But it chaunceth ofttimes, that this succour, or nourishement, resteth there or some where by ỹ way, in the vacant and weake partes, and so groweth it at length to an apostumation, in case the vertue degestiue, or expulsiue be not able to maister, and dispatch it. The Antecedent is diuersly named, and by diuers termes, as replecionall, humorall, complexionall, and composicionall, it is called replecionall, when the humours increase beyond their due measure. Albeit al these haue respecte to the quality of humours, yet for all that, when all the humours grow beyond measure, it is termed replecionall: humorall, is whē one humour alone, groweth to apostumation, as the shingles commeth of pure Choller, and an hoat botch of pure and laudable bloud. Also they call it complexional, if the sayd humours be distempered from their first state or qualities, I say from their fyrst qualities as if their forme in a body were limited, within the quantity of. ij. inches, and then if they had gotten them iij. inches more, thereof would spring diuers diseases, taking their names of the qualityes, that haue dominion and preheminence ouer them. It wyll be named compositionall, where one humour exceedeth the rest, in degree of his quality, geuen him of nature in composicion, and hereof it commeth to passe, that the whole body compounded, goeth to ruine, through Feuers, and other kynde of maladies. Wherefore no man may doubt, that ỹ complexion should be holden for a cause Antecedent. Some number dolour wt the same causes, whereunto may be added weakenesse of a Member, as watrishnesse, and windinesse. &c. Also a cause Coniuncte, is nothing els but the Antecedent, when it commeth to a place vlcerated, or well nighe vlcerating, Here may not we passe ouer this wyth silence, that any apostumation as touching riping, or to speake playner, rotting, and breeding of matter, hath property four tymes appropriate to it, that is to weete beginning, augmētyng, state, and fall. The beginning is, when the causes Coniuncte, begin presently to appeare. Augmenting is known in that it largeth, and groweth to bignesse, and the accidentes increase: the matter gathered, and heaped togeather, wythout further increasinge, sheweth playnely the state. Fynally, the fall is knowen (if it bee well looked on) by a certayne softnesse, & fayntyng in the place. And these tymes must be aswell obserued, I thynke, as the selfe maladies: for Auicenna wyth expresse wordes, geueth thys admonition, saying it is not possible thou shouldst cure a disease, if thou know not, what the disease is. Wee thynck he doth inferre, and conclude, where the tymes be vnknowen, the cure also wyll be vnknowen, for why? In as much as the tyme in the apostumation is dyuers, the disease is dyuers, & the cure wyll be dyuers.

Compostion. Replecion, Complexion, what they are.

Four notes in an apostumatiō, beginning, augmēting, state, & declining.

Soarenesse.

ALthough you seeme to speake somwhat obscurely, & darkly, yet by oftētimes reading, I trust to get some more knowledge, for it is sayd of a very wise man, Omnes homines naturaliter scire desyderāt. And I also being a mā, am desirous of knowledg to help my selfe, wout the which I am ỹ worst kynd of beast, & most vnprofitable vpon ỹ earth:

earth: but hether vnto,you haue ſpoken, but of the beginninge of apoſtumations, as ſeemeth to me, but how be they ended & finiſhed? I pray you let me know the way?

Chirurgi.

GALEN, the beſt that euer was,and the greateſt learned next to Hippocrates,and one to whom chief credence muſt be giuen as vnto a prudēt Ship mayſter,which through cunning, wyſely doth ſet his courſe in the raging Seas, defending his Ship from Rocke,Storme,and Tempeſt, to the end,to arriue at the porte,and end of his trauayle, ſo doth Galen,like to a worthy mayſter, defende his Pacientes from ſhipwrackes,both ſoareneſſe, and ſickneſſe,and ſayth,if apoſtumations tourne not back agayne, then they do ende by inſenſible reſolution,or els by rotting out,and they be ended foure maner of wayes: fyrſt by reſolution, as is aforeſayd, whych is vnbynding, remouing, or vndoing of the matter: ſecondly, to conuert,chaūge, and tourne the apoſtumation into a thing called matter,or waire. The thirde is by rotting. The fourth, is putrifaction, and of thys ſpeaketh Auicen, whych is one of the chyefe Prynces of Phiſicions,in th'ende of hys chapter, concerning a hoat apoſtumation,and in this cure there is two thinges principally to be obſerued. The one is,whether the thing be yet a doing,the other is,whether it be ful done, or ended. I meane by doing, that is, whether the matter be yet running,or fleting to the place of apoſtumation,and by the thing that is don, that is, whether the matter be paſt,and come already into the place of Apoſtumation or not: and note alſo,that in all ſutch cures,you may not prolong, or abuſe the tyme,but diligently goe about your buſineſſe, for a little loſt tyme,putteth the Patient to great payne,and the Chirurgian to greate diſhoneſty. Of reſolutiō.

Soareneſſe.

THerefore I pray you to ſpend no more tyme any longer in definitions, names, cauſes, and ſignes, of Apoſtumations,but rather I pray you, begin the maner of their proper cures,and helpes, for els hetherunto,all is but a laberinth,and a croked way vnto me.

Chirurgi.

WEll. If you wyll needes take vppon you to mynyſter, in your beginning, you muſt prepare repercuſſiues,whych wyll greatly cōfort the ſoare Member: for Auicen ſayth in hys firſt booke, the fourth doctrine, that a ſtrong Member actyuely, doth caſt from hym his ſuperfluous humour, vnto the weake paſſiue or ſuffering Members,and pulleth it back agayne, and eftſoones doth powre it forth agayne, to the great hurt of the weake part where by the weake Member is oftentymes Choaked, and Strangled wyth the ſtrength of the humour, whereby the whole Body is Ruined, and finally brought to deſtruction. Therefore, to the intent that the weake parte bee not vtterly Deſtroyed, Ouerladen, or Choaked, wyth ſutch Superfluous humoure, you muſt, to auoyde the Daunger, make Reſtraynt wyth repercuſſiues,

and

repercussiues, and medicines defendent. And this shalt thou do, apply cold, and binding receipts, as Galen sheweth in the third of the arte, saying: Repellemus a paciente particula si infrigidemus & stiptica apponamus &c. We shal put of from the sycke part, if we coole, and apply bynding thinges. &c.

Soareneſſe.

Do repercussiues help then in thys case generally?

Chirurgi.

Of repercussiues, when they are good.

D. But for asmutch, as thys place offereth occasion, to speake of repercussiues, whych I do laude: euen so I shall haue occasion to shew, where repercussiues ought to be abhorred and fled, with no lesse care, than Shipmen doe the rockes in the sea. For it is no lesse pleasure to the Chirurgians, to obtayne their purpose, and finishe their cure, than it is ioy vnto the Mariners, luckely to arriue in theyr owne porte, or restinge place. Therefore Soareneſſe, to the ende that we may eschue Shyp wrackes, and daungerous places, let vs a little inlarge our course, and call to remẽbraunce, the wyse wordes, of that learned man and famous clark (maister Jhon Vigo) of Genua, whych wrote a learned Booke vnto Julius the second, wherein he sayth, that apostumations in vncleane bodyes, do vtterly refuse repercussiues, except they be first clensed by purgations, for mutch matter cannot away wyth repercussion. In case we should fal sodeinly to the cure before purging, then should wee greatly erre, for in dryuing it backward, we rather should couch it vp, in the place so fast, that it could not bee remoued, whereby occasion should be geuen of euil accidence. And furthermore, if this come to passe, as God forbid it should, then would it playnely import, or threat putrifaction or corruption of the member. Secondly, the emunctory or cleansing places, wyll not desire any repercussiue. Thirdly, take heede how you vse repercussiues, when ỹ matter is fat and clammy. For Galen sayth in the third booke of the Arte, Corpus existens plenum repercussionem non admittet. Fourthly, thynk it no matter of deliberacion, concerning repercussion, when the cause is venemous, cruell, or furious: but bee occupied wholly, in prouoking of it forth, for if you dryue it backward, after myne opinion, sayth Tagaltius, then do you range farre from the high way, for thys is the cause, why yee shall erre, and not do well in your cure. First, yee shall shut and close vp the matter, wythin your centure, whych of necessity, ought to be dispersed abroade, in the whole circute, and thereof wil follow, by the meanes of the malyce, venim, and poyson assembled together, and so taking their force in one place wyll practise no small inconuenience or mischyfe, agaynst the natural vertues: you shall therefore, first vse repercussiues, if the matter be pressed, stopped, thrust, or shut vp together in one place, do thys, for feare of deformyng of the member, where ỹ soare is, whych soone wyll ensue, if it come to putrifaction in that place. Sirtly, if nature cause any apostumation, by reason of crisis. Hoc est Iudicum, that is of iudgement to auoyde, expulse, or put out matter, superfluous, in thys case, think there will be no meanes founde, to put it backe, wythout great daunger, and hurt to nature.

Foule bodies refuse repercussiues, therefore they must be clensed.

What perill is in the applicatiõ of a repercussiue, although in some case it is most best.

Soare-

Soareneſſe.

WHy? would it hinder any thing in this caſe,to apply a repercuſſiue, or medicine, to dryue it backe? shewe me some reason why it should not be? Or what hurt would come thereof,if it were done?

Chirurgi.

What hurte ensueth of a repercussiue.

MArry, this euill might eftsoones ensue, for if it bee put backe, or returned in agayne,nature wyll then inuent,and finde out some other by path,from the vncleane,to the cleane places,and were not this a great hurt to nature? Yes surely,it were no small Jeopardy: therefore we must in suteh cases, make euacuatiõ of ỹ matter,putting a helping hand to nature in her crisis, as Galen sayth vpon this Aphorismus: quorum crisis fit,haud facta est.&c. For the cure of all these causes,you must vse mollifications,and softning Medicines.

Soareneſſe.

Yet agayne,I put thys question, why you do vse repercussiues at any tyme?

Chirurgi.

What goodnesse cõmeth of a repercussiue.

WEe vse repercussiues, that wee may apply theym, to the intente that the matter yet fleeting,be kept of,and not that, whych is already flowing,be come stubburne, agaynst vs in our worckyng, & therefore,doing according to our rules,we shall order & apply repercussiues in the beginning,and augmenting of apostumations, for why, the matter at that tyme, is chiefly flowing to and fro: and Galen writeth in the thyrd of his arte,that vessels refreshed wyth binding medicines, put of mutch matter from them,howbeit this ought to be done successiuely,by little and little, because the flure of the matter, is wyth a continuance, and when it is come where it should be,then must it be resolued,and not dryuen backe.

Soareneſſe.

I pray thee gentle Chirurgj, take in hand the cure of apostumations.

Chirurgi.

Consider whither apostumations chaũce in bodies replete with humors or empty.

THE Prynce of the Philosophers, Aristotle sayth,contraries be, & pertayneth to one science, and doubtlesse, the cures of Apostumations differ not, but in distaunce of more and lesse: for thys cause,must I wrastle earnestly, that the knowledge of natures,& simples escape you not,for why, the more yee shall excell herein, the better shall you forme your Medicines, for the Pacientes behoue, who haue ioyned themselues to our company: now to obtayne thys purpose, ye shall aduisedly looke whether the apostumations fal in a body ful of humours, or voyde of the same. If they happen in an empty body, yee shall recken it long of some cause primatiue,whose cure must bee in drawing forth ỹ matter,wyth resolutiues,or softning medicines:you shall resolue, if you apply colde and binding thinges together wyth hoat and moyst: with colde you must restrayne,& keepe it of,if any part of choller were approching, by reason of dolour,& with binding,you shal comfort the member, as I sayde before,according to the sentence of Galen,in that hoat things,cause the relenting of the matter: finally,vse moystening of the same, that ỹ poares harden not,nor be coagulated or stopped, & this speedely must be done at ỹ beginning,

ginning, afterward if it take not place, as I haue sayd: what haue you to say, in any other matter?

Soarenesse.

Shew mee some holsome medicine, for Apostumations, I pray you?

Chirurgi.

A good medicine for an Apostumation.

I Shall compounde this medicine, for an example. ℞. Juyce of Houslike, and Lettice, ana. ʒ. j. Oyle of Roses, and Camomell. ana. ʒ. j. ß. oyle of Mirtes. ʒ. r. Egges in number. ij. Swynge all these wyth the Volkes, and whites, vnto such time, as they be well incorporated, and then apply it in linnen. Eyther thus. ℞ Bole Armoniacke, Acacia. ana. ʒ. j. oyle of Roses, Mirte, Camomell. ana. ʒ. j. ß. Beane meale ə. j. dust of Mirtelles, and of Cipers nuts. ana. ʒ. ß. wyth a little Ware, all which must be incorporated at the fyre, and applyed to the soare place. Further, for the resoluing, of an hoat apostumacion, of what cause so euer that it come of, ye shall apply this, whych the learned haue greatly cõmended, & in very deed, I euer founde it, as they haue sayd, th'order of it was thus. ℞. Heades of

A more excelent way to helpe an apostumacion.

white Lillies. ʒ. v. rootes of ẏ Marishe Wallowes. l'i. j. Camomel, Melelot. ana. M. ß. and a handfull of Bran, seathe all these in Water, till they be throughly sodden, and then strayn, and presse theym, as the Cooke doth cõmonly grated bread, when he maketh his potage, putting it into a clene pan, vnto the which, yee shal put oyle of Roses, of Camomill, of Dill, & of Lillyes ana. ʒ. ij. of the mary of Calues, or Cowes legges, and of Capõs grease. ana. ʒ. j. of whyte Ware. ʒ. ß. of the soft apples, roasted in hoat Embers, if they may be gottẽ. ʒ. iij. ß. Let al these be melted together, wyth ẏ, whych was searsed at a soft fyre, & bee boyled, by ẏ space of halfe an houre, wrought alwayes, that it be diligently stirred all the whyle, and this wyll be a Cerote, whereby yee shall get profite, and commendations. Another also in forme of a Cataplasme, more strong for the same purpose. Take the meale of Lyntseede, & Fenigreeke. ana. ʒ. iij. ẏ meale of Orobus. ʒ. i. floures of Chamomill, Melilote, Elder. ana. P. ß. red Rose leaues. ʒ. ii. floures of Dill. ə. iiij. pouder of Ireos of Florence. ʒ. ß. boyle these in Wyne & Hony, or in the Juyce of Smalledge. Anon adde of the dragges of oyle, and of oyle of Lillyes. ʒ. iiij. oyle of Vyolets. ʒ. ii. and so frame a Cataplasme. Now if the apostumations, will not be ruled, and geue place to a resolutiue, for so it fareth oftentimes with them, then prepare mollificatiues, or softning medicines, whych may bee made two wayes, wyth Embrocations, or plasters.

Soarenesse.

I pray you tell me, whych is the best way or meanes, to make an Embrocacion?

Chirurgi.

Of an Embroche.

AN Embrocation, is made after this maner. ℞. Of a decoction of Wallowes, Vyolets, Barly, Quince seede, Lettice leaues l'. v. of Barly meale. ʒ. ii. oyle of Vyolets, and Roses. ana. ʒ. i. ß. of Butter. ʒ. i. and then seeth them all together, till they be like a broathe, putting

puttyng therto, at the ende foure yolkes of Egges, and the manner of applying, is with peeces of cloth, dipped in the foresayd decoction being actually hoate, which must be often chaunged one after an other, by the space of one thyrd part of an howre: This wil allay, and abate the payne, and cause resolucion, drawing forth the matter into the Skin. Such decoctions may be also made, of a Wethers Hed or other flesshe, so that the Brothe be fatte, howbeit, this shal be according to thyne intent, whether thou meane the ryppyng, or the resoluyng of it, immediatly after the imbrocation, let this or the lyke plaster follow. ℞ Of Leaues, of Mallowes, Violets, and Lettise ana. ℳ.i. and afterward they shalbe sodden, brayed, & searsed, make an hard plaster therof at the fyre, with Barly Meale putting therto. ℥ ii.ß, of oyle of Violets, and ℥.ß. of Butter, this done, take it of the fyre, and then incorporate the yolkes of three Egges, and so apply it to the soare, now if he be loth to take so much payne, and thynk plasteryng sufficient appoynte the Pacientes fryendes to vse this. ℞. of crummes of bryade l.i.ß, let it be steped in a decoction of Mallowes, Violettes, and Lettice, or in a Brothe of Veale, or Mutton: it may be done to with Ewes or Goats milke, hoate from the dugges. Finally, let it be pressed, and stamped, and drawen round in a morter, and then softe, it with Oyle of Violettes, and Roses. ana. ℥.i.ß, and of Butter. ℥.i, with a ℈.i.ß of Saffron. After let the whole bee thicked at the fyre alittle, and then put the yolkes of twoo Egges to it: or els take the leaues of Mallowes, and Violettes, of euery of them, one handfull, & so boile, and stampe them togeather, with Boares grease, and vse these hardly. For one of these I assure youe, shall type a Cholerycke apostumacyon, which thinge ye shal perceiue by the softnesse in feelyng, and by easyng of the payne, as Auicen sayth, Cum videris lenitatem quandam & sedationē doloris, tunc scias quod scit in via ad maturationem: When thou seest a certain softnes and delaying of payne, then thou mayst know it is in the way of riping: now when the place is ready to be launced, aboue al things see the incision and the opening be made alongest, with the lying of the heares, & sinewes for why, nothing wil be done more better, to cause a Cicatrice. A Cicatrice.

Soarenes.

This is very wel sayd: Now I pray you tel me how you make an Incision?

Chirurgi.

AN Incision must be made in the lowest parte, so that the matter may the better auoyde: in especially, if any humour do vse to fal to that part, from whence issues would most naturally fall from. Oft we conduct them, by their conuenient regions, as sayth deuyne Hippocrates, and thincision must bee made, as it lyketh the learned, after a halfe or croked moone, except, the place be synewes, for if it bee so, then muste it bee made alongest with the course of them. For why if I would open it ouerthwart, I myght cutte some synew a sunder in worcking: immediatly vppō the Incision, how to make it.

the incision, the place must be couered with Lynt, dipped and wette in the whyte of an Egge: Neuertheleſſe before yee ſo doo, yee ſhall fyll the hole of the apoſtumation wyth a Tente, made of the ſame moyſted linne, to thintent the matter guſh not out, al at ones, which thing if it were ſuffred, and the Apoſtumation, great, the vertue natural, wil bee muche aſſembled therby, wheras we ought moſt warely to ſaue the ſame, that it be ſufficient to feede the place, and woꝛke rightly. Foꝛ as Meſue following the mynd of Galen, ſayth it is nature who woꝛketh health: the Phiſition is but hir ſeruaunt. This alſo muſt be wel remembꝛed, and had in conſideration, in a place apoſtumated, whether the apoſtumation, fall in a fleſhye oꝛ ſynewye place. Foꝛ when there doth ryſe a knot in a ſynewy place, there looke to be opened before it be ful ryppened, leſt any ſinew ſhoulde rotte by meanes of coꝛruption, but in the other, by reaſon of the freſhneſſe therof. Wee may abyde the perfyte riping, ſithe we be moued by no inconuenience, to open it before tyme, which thing is not to be permitted in the other without ſome good cauſe. Now when ye haue wel fylled and couered the inciſion, let it alone, and meddle no moꝛe with it, foꝛ the ſpace of xviii. howers, and when that tyme is expyred, ye ſhal viſite the apoſtumation, with a digeſtiue made of yolkes of Egges, and Terebinthyne, in continuinge the ſame, twoo, oꝛ thꝛee tymes: vntil you ſee moꝛe oꝛ leſſe, accoꝛdinge as neceſſitye in digeſtion ſhal ſhew you. At the end ye may finiſh the cure, with an abſterſiue mingled of Barly meale Terebintyne, & Roſed Hony. But if it ſhalbe hollowe (as it is often ſeene) we geue you this abſterſiue in that behalfe. ℞. of Roſed Hony, ſtrayned. ℥.i.ß. of cleare Terebinthine .℥.ii.ß. of ỹ iuyce of ſmallage ℥.ß. let them boyle, til ỹ iuice be waſted, afterwards whiles it is yet warme put therto, ii ℥. ß. of Barly flower, and mingle theym togeather, which yee maye kepe, til nede ſhal requyꝛe, foꝛ the cure.

Conſider tooppen a member before the ſynew do rotte.

An abſterſiue. A digeſtiue.

Soarnes.

What if pꝛoude, dedde, oꝛ rotten putrifyed fleſhe, chaunce to be in the ſoꝛe, oꝛ apoſtumation, what remedye then?

Chirurgi

How rebate fleſh ſuperfluous.



And dede often times there groweth dead fleſh in ſuch places. I haue therfoꝛe here to ſay howe the ſame muſt be diſplaced and remoued, certaynlye my ſelfe did euer vſe in remouing of ſuperfluous, and feſtered fleſhe the mixt oyntmentes, which were compounded of Vnguentum apoſtolorum and Egiptiacum of lyke poꝛtions, and if the part had byn very ſenſible, I vſed the pouder, whiche ỹ old auncient Chirurgians did vſe to remoue ſuch fleſh ouer and vpon that ye ſhall aply this oyntment, which the old auncient Chirurgians, had in vſe It is deſcrybed after this manner, ℞. Oyle of Roſes, of Camomell, ana. ℥. iii. of fat Weathers. ℥.iiii. of fat Calues. ℥.iii. of the mary of a Cowes huckel bone. ℥.ii of Lytharge of gold, and ſyluer, ana. ℥.iß. of Ceruſe. ℥.ß. of Vermilion. ℥iii. of Terebintyne ℥.iiii. of new Ware. ℥.ii. mingle al theſe togetherac-coꝛding to the arte. And let them boyle fyꝛſt at a ſoft fyꝛe, encreaſinge and foꝛte-

forteſiyng the ſame after a ſeaſon,and ſo boile and ſter it withall,and ſo do it,til it get a very blacke hue,and thus haue you an oyntment to ſpreade on the ſoare,lyke a Cerote.But I ſaw one thing comminge to remẽbraunce, that may not wel be forgotten,by reaſon of ẏ fearfulnes,of a certayn faint harted man, dwellyng hereby,now this whyte liuered Lad,that I ſpeake of, was exceedingly tormented with an apoſtumation, which needed opening howbeit,he cold abyde any thyng , rather than the openinge thereof, with an inſtrument.When I perceiued the importunity of the man.and the neceſſity of the worke. I rotted ẏ apoſtumation with a potential cautery which we made after this ſorte. I tooke a cuppe ful of the beſt Sope lye, ẏ fyrſt deſtilled forth from the ſtepefat men term it the mother lye, and caſt it into a braſen cauldron.with a dragme of Romaine vitriole,which I cauſed to boyle,til all the lye was clean waſted, and then gathered I the ſome, and frothe whiche remayned therof for my purpoſe,and truely this is ſo effectually in wryting, that it ſemeth to worke ſodenly the acte , and ſeeynge the worke began to receiue profit.when as the colour of the place began to bee darke and blacke.This is to be vſed in the tyme,when the paciente is very feble.But or euer it was applyed,I meane the Cautery,the hole apoſtumation was couered with a peece of Leather, leaſt that the Cauterie ſhould perſeor hurt ſome other place,than that which I did intend to medle wt al:And further,that a hole be made in ẏ middes of ẏ ſame leather,And further to annointe ẏ leather wt ſom oyntment,& in the ſame hole, to apply the ſayde Cauterye. And then with annother peece of Leather to couer the hoale,and ſo let it ſtand by the ſpace of one hower and a halfe. cloſe couered,and then remoue the Cauterie,and then apparell the place wyth a plaſter as followeth.R. Leaues of Mallowes, and Violets.ana one handful, let them be boyled and ſtamped,puttynge thereunto.ʒ. ii of Barrowes greaſe,of Butter.ʒ.ß of leauen ʒ iii.q.ɜ.i.of Saffron,mingle all togeather,& plaſter wyſe,lay it to the place,for this will remoue an hard cruſt and delay the payne.

Cautery potentiall.

Another cautery to open a ſore, vſed by good Surgions. Take of ſower Leauen ʒ.ß.onions roſted vnder the Emeres.ʒ ii.pigions dunge,and hempſeede. ana.ʒ.i.knayles in number,iiii.blacke ſope,ſwynes greaſe as muche as wil ſuffyce,make hereof a little plaſter, as broade as a groat and lay it vpon ẏ top or heade of the ſoare,& lay a broader reſoluyng plaſter ouer it.. *Chal.* Now when the cruſt ſhalbe remoued , the vlcer muſt be cured, as it was afore declared. Hetherto haue we talked of Apoſtumations , chaunginge in clean bodies ,Now becauſe ther goeth one by,by whom I may wel certify my frende of my trauel: I pray you beare with me,for a while and with al ſpeede poſſible when I haue done, I will retourne to you a-gayn .For I intend to fynish oure communication, and ſpeake of the Appoſtumations which hurte Bodyes , that bee replete of Humours foule & paynfull.&c.

Soarenes.

SOmetyme an apoſtumation, is placed in a groſſe foule Bodyes, ful of humours, in ſuch a caſe, what is then to be done , mayſter Chirurgian, I pray you?

Chirurgi

Foure intentions, and fiue vnnaturall thinges to bee obserued.

THen aboue al things, my dere frend, you muſt do your diligence to laboure and trauel, more then youe did in my Primatiue cauſe. And for the cure therof it is very neceſſarye, that you ſet fowre intentions dilligently before your eien, and fiue thinges not naturall.

Soarenes.

Which are they I pray you hartely tel me?

Chirurgi.

Fyue notable good thinges to be obſerued in healinge

FIrſt, that you order your pacientes lyfe, accordinglye: and to bring the humour to iuſt equality.

Secondly, to purge the euil humours whichdo maintein the apoſtumations hurt, or offence.

Thirdly, to remoue the cauſe conjunct or knitte to the ſame thinges, accordingly.

Fourthlye, to correct and amende euil accidentes, if any be in place.

Fiuethly, thynges not naturall. as ayre, meate and drinke, ſleeping, and wakinge, reſte, euacuation, repletion, and accidentes of the mynde, as ire care. &c. All theſe muſt bee ruled with dilligence accordinge to the ebbinge and flowing of the matter, whether the cure do ſeeme eaſy or harde, to that end, ỹ very ſpedy worke may be made with wyſedome, and the cure quickly fynished. Alſo, that the belly may be relaxed, and loſed of ỹ humour whiche doth moſt abounde. Furder, that the apoſtumation be workmanly launced. And here muſt you chiefly obſerue, that no local medecine bee applyed before the whole body be cleanſed and well purged of that humour, which doth moſt offence to nature. For in ſo doing, miſchiefe wil enſue to the pacient, and reproache to the Chirurgian: whiche may rather be compted a murderer, than a man helper in ſuch caſes, wherof I haue ſpoken in the repercuſſyue. &c. So note that I geue you warning, to obſerue dilligently to loſyng of the belly, in al theſe cauſes. And furder, kepe of ỹ matter with repercuſſyues, as example.

No locall medecine applyed before ỹ body purged.

A goodly repercuſſyue.

R. Oyle of Roſes. Bole armoniacke, the three Sanders, with the white and the yolke of an Egge, or els with this. Take Mallowe leaues, Violet leaues ana. M. i. Wormwood, Red Roſes ana. M. ß. Barly meale ʒ. i. Lintell meale, ʒ. i. ß. Oyle of Chamomel, ſeeth ſuch thinges as ought to be ſodden, and lette them bee ſtrayned, then mingle them togeather, makinge a ſoft plaſter at the fyre according to the art. This is a medecine of that great learned Manne Auicen his owne inuention for reſolution, and comforting the member as it may verye eaſely be perceiued, if you marke well the receyptes. Nowe if theſe be found ſufficiente, feare not to practiſe, diſcomfort not at all. But perhaps you ſhall fynde ſome matter, very ſlimye or toughe, to ſtronge for this in ſuch caſe doe thus. Take the Leaues of Mallows

Auicenes medecine.

Mallowes,and Violets, ana.M.i.rootes of whyte Lillies.ʒ. ii. rootes of Marche Mallowes ʒ.iii,boyle al togeather,stampe and streine them with a stronge strayner, or Colender, into a kettle, whereuntop ut fresh Butter ʒ ii.Swynes grease ʒ.i.ß.seeth them and make a plaster in a stone morter: Or els do this, Take rootes of whyte Lillies. ʒ.iii.rootes of Marish Mallowes. ʒ.ii.and rotes.of Garden Mallowes, and rootes of Violets ,ana. M.ß.seeth them soft,stamp them and streine them,wherunto put Capons grease ʒ.i.fresh Butter ʒ.ii.Barowes grease.ʒ.i.ß.sower Leauen ʒ.iii.Barly meale,as much as shal suffice.ɔ.i,of Saffron ,and make therof with the former decoction, a conuenient plaster,apply it to the sore place accordinglye.

In excellente plaster to aswage payne in a sore.

Soarenes.

What is then to be done, after this busines , I pray you mayster Chirurgian,

Chirurgi

When you be come to this poynt,do your feat hardely with aunce in hand,trimble not:discomfort not your selfe,neither your paciente, but open thapostumation. Some what in the form of a new Moone croked and when that is done, vse the maner of digestion, and abstertion in maner as I haue said.But as concerning ỹ making sound & the skynning,vse ỹ medecin which is compounded of Vermiliõ.ʒ.i.oyle of roses & Wirtes, ana.ʒ.i.ß.This is of good effect in causyng of a cicatrice, cut or scar, if ỹ place be annointed w̃ water of plãten,rose water,hony of roses,& a litte Allume:it shal be very cõfortable,w̃ a soft Sponge to moyst the place:and thus haue the old auncient men , euer vsed among their miserable pacientes.Then there is an other intention which is very good: which is to amend euil accidentes, which comber,moleste and vexe apostumations often tymes.For if the pacient be longe vexed with such euil accidentes, the vertue naturall will then decaye , and bee quickly ouerthrowen:wherof wil follow incontinently great daunger and much hindraunce to the cure of the same , that in fyne it shall bee scant curable :whiche accidentes bee these two,the one is called extreme dolour or payne, the other is darkenes , and deadly blacke complexion of the same place : these twoo bee nere hande desperate cures , and moste daungerous to bee helped , in all Appostumations : But commonlye these Accidentes , are founde onelye to bee the cause of euill Chirurgians negligences.

How to make incision.

How to dyge humours that do abounde.

Dolour and darckues of complexion.

Soarenes.

What moueth the Chirurgian thus to doe? I pray you tel me?

Chirurgi

What harme ensueth of an ill Chirurgian.

When ſ matter in the apoſtumation, was alreadi ripe, & ſhitting and after the ſame ſhoulde quickly haue bene expulſed or auoided by inuiſible tranſpiration which is one of the forces, or benefytes of nature. Then the ignorante Chirurgian: miniſtreth forth with repercuſſiues, which draue backwarde, and preſſed the water ſo faſt in the place, that theſe accidentes did enſue of neceſſity. Wherfore I ſhal exorte thee my dere frend, ſeyng thou arte mynded, to enter into the worthy miniſterypof this worke, which is not onelye profitable to thy ſelfe, but alſo beneficial to the common wealth. That thou do vſe repercuſſiues, namely in the paynful places, that may be the occaſion of rypping of the matter, for feare that otherwiſe thou repent thee, for when matter is ones placed, then neede we not but to open the pores, whiche thinge euery man may do very eaſely, if he do reſort to the repercuſſiues afore diſcribed.

Soarnes

Sir, if in caſe theſe accidentes wherof you haue ſpokē, be in this dañgerous peril, it ſhould ſeeme then, eyther to be in the fault of the chirurgian, or els in the malice of the humour: what is then to be don?

Chirurgi

You ſhal make a plaſter with theſe medecines following, which the great learned men themſelues, haue vſed vnto their pacientes. ℞, of hulled Beanes, or Beane flower that is without the brane. ℔.i. of Mallow leaues. ℳ.ii: Sethe them in lye, til they be wel ſodden, and afterwarde, let thē be ſtamped and incorporated with meale of Lint, or flaxe, ℥.iiii of Luppne meale ℥.ii: and forme therof a plaſter, with Goats greaſe, for this openeth the pores auoydeth the matter by tranſpiration, and comforteth alſo the member: but if the place after a daye or two after the application of the plaſter, fall more and more to blackneſs, it ſhalbe neceſſary to goe further, euen to ſcarifying and inciſion of the place, according as it may ſuffer. Certaynly theſe are ſuch accidentes, that wil not ſo eaſely be diſplaced, as I haue talked of, but requyre moſt prudent and circūſpect diligence, of the Phiſitions. Therfore who ſo wil com vnto this art ſhould dwel no ſmal whyle with a lerned Chirurgian, to this end, that he may both learne his ſayinges and doinges, and obſerue the ſame, and haue them euer in mynd, that he may euer be able to trauice the ayre. with his owne proper wynges, without the helpe of others. And not be as a blind guyde, neither apt to leade, nor tract the way himſelfe, according to profit art, and knowledge. For in ſo doing he ſhalbe lyke vnto an vnconning ſhipmaiſter, which bryngeth his Ship to ruine, rockes or wrack, ſo ſhal he fynith his courſe with ſhame, and his pacient with death. Therfore when the place is ſcarifyed, let it be done both quickly and ſodenly, then lay vpon the ſame ſcarification bay Salt. After this is done, than applye this folowing in good order.

A good emplaſter.

What the Chirurgian muſte doe.

Example.

℞. Of Beanemeale, and of Orobus .ana. ℥ vi of Lupine meale. ℥.iiii And boyle them in Orimel vnto ſuch tyme as they ſhal be plaſter thicke, and af-

ter

fer apply them to the place,or els plaster it with beanes and Lupines,boyled in Barbery lye,and afterward strained and stamped in a morter. Now perchaunce, if ye se euil and corrupte flesshe in the place,ye shal nede no further councel in that behalfe. But incontinent annoynt the place with Vnguentum Egyptiacum,which must be made after the mynd of Auicen.

Vngoentum Egiptiacum of Auicen Coabate dead flesshe.

℞. Verdegrece,Roche Alume,Honye, Vineger . ana, q.ſ . that is, as much as will suffice ,sethe them vntil they come into a red coloure,and with this oyntment you shal exasperate,and sharp the place by the space of two or thre dayes,notwithstanding ,if you shal nede,you maye iterate or often apply the same,vntil the same come to an escarous crust or scabb ,and make seperation,which must not be voted vp by any instrument . but rather may be remued with one of the mollificatiues,specially yong hogs grease,as it is aforesayd ,and when this is fallen of, the same vlcer must bee cured , as all other vlcers are, wherof I shal geue you further vnderstandinge hereafter Now you do perceiue how putrifaction ought and must bee handled, but in the meane whyle, foresee with wisdome, that this euil be preuented, & auoyde the same,for when a cure is not wel handled , or is cast awaye, thē it is to late to call againe yesterday. Prayer or weping in this case wil scant preuayle in the Chirurgians behalfe. Now consequently ,after I haue spoken of the asswaging or mitigating of the doloure and payn of apostumacion, which oppresseth nature, as the prince of Philosophy called Aristotle, affyrmeth saying: Doloure and payne be the euils, that do dissolue, and vtterly destroy the humayne nature of Mankynd : ie semeth necessarye that in due order,som wholsom way be taken,to helpe this daungerous matter, and to auoyde the doloure.

¶ Chirurgia must haue prouidence to foresee cure.

Soarenes.

What is best to auoyde the doloure.

Chirurgi.

NOthing truely, but artificially to alter and chaunge an euill complexion , so that it come not by stoppinge of the matter or by the breach of continuance, or corrosion ,for then such griefe would aske other succours, for where as Dolour is fallen, there doth plainly appeare a soden alteration of complexion in that part,as Galen affyrmeth.

To alter complexion in a sore.

Therfore if you wil make any alteration in nature, inuent some apte proper medecine,for the same purpose: as for example. Take Oile of Roses .ʒ.ii the yolke and whites of .ii. Egges new laied, beate them al together , and apply thē to ỳ place, then the nert day following in the morning,applye this in place or steade of the former . Take crummes of whyte bread , sodden in Goates or sheepes milke: or els breade sodden in the brothe of a Chicken: or els you may take a weathers head sodden frō the bones,which you must presse through a cotten cloth from the same sodden flesh, saue halfe a pynte of the decoction ,vnto which decoction, then adde Hony of Roses, and oile of Camomel,ana .ʒ.i.ß. w̄ yolkes of new layed Egges. Al these must be beatē together & recocted, or sodden againe vppon a soft fyre vntil such tyme as it be somwhat stiffe, when this is don, aply it warme to the dolours pained place;

place, accordingly. This also that followeth is vsed to the same purpose. Take rootes of Holioke ʒ.ii Mallowes, violets, ana. M. ß. Chamomil, redde rose leaues. ana. p. ß. boyle them wel, and stampe them together. Adde vnto these, when they be so stamped, of fresh Butter, ʒ.ii. oile of roses, & violets ana. ʒ.iii. make therof a Cataplasme, and apply it as warme as may be suffred.

Soarenes.

Choise of medecine is good

What if this medecines preuayle not, what shal I do then good maister Chirurgian: For I haue hard say, that one medecine worketh not health in euery complexion, but choise is good.

Chirurgi.

Then you shal vse this which followeth. For oftentymes extreame doloure and paynes of very necessitye, shall require mollifications, without daunger, wherein there may be put such cooling thinges, as wil not hynder mollification: thus Prince Auicen sheweth in his Chapiter de flegmone, therefore do thus.

Take Mallowes, Violets. ana M. i. seeth them, and bray them, and put in them ʒ ii. of Barly meale, of Oyle of Roses, ʒ. iiii. and eftsoones seeth thē agayne vntil they be in the forme of plaster thicke, which in case serue not yet the purpose, note this other.

Take of Fenicreke, meale of Lintseedes, of flowers of Camomel, of hens fatte melted, of Rosed Oyle. ana. ʒ. iii. let al these. (the Oyles and fattes only excepted) be mingled and sodden together with the decoctions of Mallowes, and violets, vnto such tyme, as they be thickned, to make a plaster. This done, warme the oyle and fat, and incorporate the same, with a little oyle of Camomel, and of Dil, and so make it to a plaster. This will open the pores, and hard pressed matter, which causeth the payne. Now if it bee in the augmēting of a malady: in this case, ye shal make it after this forme.

Take oyle of Roses, and of Camomil, ana. ʒ. iß the yolkes of twoo Egges. ʒ. ß. of Barly meale or more, which yee shal shake wel together, and so laye it to the place. This suppose I sufficient for the appeasyng of doloure: if not you of your owne head, by these may inuent new and other confections, to the behofe of your pacientes, and your owne contentation. Sith I haue dispatched this, I wil retourn to an hardened apostumation, which truly myght haue bin omitted wel ynough, ỳ matter being so manifest & playne.

Neuertheles, I will recite here, what ỳ learned haue vsed in this case, because I woulde not mayme my communication. Certaynlye this inuention shal Minyster, diuers fetches and causes, wherein Menne may employ there wittes. Howbeit (according as Mesue wryteth de lassitudine post purgationem, we wyll conuert our intent, to the cause of hardnes to ỳ intent we may cut it of. For as he saith, this is the right way in cures, & ỳ foresight in working. Wherfore, if it appeare ỳ the place tend to hardnes, or euer it come to that poynct, & be fixed, it may be redressed thus. Take. r. fat Figges, of rootes of Marish Mallowes smally chopped. ʒ. vi. Seeth them well, and then Bray them wyth. ʒ. ii. of Barrowes grease, putting thereto a lyttle Saffron, wherewyth couer the place, whych yee woulde soften.

And

and ye shal not fayle of the purpose. But if it were so, that the pray escaped your wittes, or misse your fyngers, you may be sure to entrap it with this. A softninge Plaster.

Take of Terebyntin medled and wel incorporated with Butter and this doutles shal serue your purpose. But or euer it be applyed, the place must be prepared and often made moyst, for ryping of the matter, with bloud warm water. Now when it commeth in rotting, open the place with a potentiall Cautery, or with some other fetch or meane, forseyng alway that it be done according to the rules aboue mentioned. In fyne when it is opened proceed in the cure, as in other. A potentiall Cautery.

These be the thinges, which I had this day, to say, which though they be not so fynely vttered, ne liuely declared, as happely ye Looked for: ye shall beare with my simplicity in that behalfe, For I neuer bestowed labour in Oratorye, as I thinke ye perceiue right well, to attein vnto eloquence. And so wher I am simple and playn my selfe, I haue handled such things, as I had to say w̄ semblable simplicity & plaines: which if it like you also I shal right gladly recite vnto you after the same order & maner, such things as we haue to vtter of woundes. Now if I haue stombled or missed anye where, I pray you correct it, so if it bee worthy of correction. And on the other side, if any thinge praise worthy, be com to light, offer and ascribe that to the liuing God (as I said in the beginning of our communication.) That we may in our selfe, verify the saying of the Poet: Ab Ioue principium, nam sunt Iouis omnia plena. Of God take thinges their beginning, for by him are al replenished, whose name be blessed for euer. *Amen* Of God beginning and ending of all thinges.

Soarnes.

You haue handled your selfe very eloquently & freshly inough to day, also you haue geuen vs cuppes of knowledge, able to quench the thurst of better men then we are. And I assure you no man maye greatly wonder at it, seyng we are enuirōned on euery syde, with such gentle humanity, and brotherly loue of each others. Wherefore we pray vnto God that for this your gift, he wil prosper you and your cures and long preserue you in health, to the behoue of youre countrye, and frendes. For you haue quenched our thirst, aboue expectation, with worthy communication and medicines. But to geue you warning, I pray you hast hither to morow with as greate and quicke speede, as ye canne passe, after yee haue visited your cures, to the entent ye may paye vs your promise at full not without many thankes. Now therefore syth then of your part time moueth you, to tend your cures, departe in good time, & remember vs. For wee sore people minde to repayre hether agayn to morow, to heare you, although the weather be very colde.

Chirurgi

Go ye on in the name of God, & doubt not, but that I am yours, and all theirs, whych be eyther sicke, or soare, to help them, to my power.

Soarnes

The falleth oftētymes if any good or euil hang ouer mens heads: the deuine mynd of man, hath an inkling, & a smattering therof, or euer it come to effect, whych thing is verefyed in our selfe this day. Mans secrets prouidence.

For where

For where we feared losse of tyme, we haue vaynly spent all the day in loking hether and thether, for you mayster Chirurgian, And al this togeather is done for you, wherfore to say trueth we charged you with the matter, and spake liberally of you. Now therfore if ye recompence it not with diligence, we wil lay al the burthen in your necke, because we haue taried so long for you this daye.

Chirurgi

DOe you herein as you thinke good For I am all togeather yours, and would that you al were helped, specially, because ye begin playnly to shew your grieues. And this will I doe gladlye, omittyng the definition, in as much, as it lyketh you so wel: notwithstandyng, that al auncient Authors in wrytyng of matters, thought it beste to begyn at the difinition But yet they as I thinke, were of that mynde, and opinion, wher the matter was straunge and darke, and where it could not be wel perceiued, but by ỹ difinition only, which gaue some light to it. And of truth so ought they to doe, wher cloudy darkenesse, and crabbish knottes, require light and opening by the difinition, which thinge, as I trust, shal not happen in my plain woordes. For I intende to speake of woundes, whiche to all menne be as playne as a packstaffe. For it is geuen men of nature, warely to auoyde all noyance, and as much it feareth them also to be hurte. I say that woundes be manifest to all men. And if it were otherwyse with them, I mighte well ynoughe begin my communication, at this diffinition of woundes. For it were easely sayd, that a wounde is a breach of continuance, newlye made, in an harde or softe part of the body, being without putrifaction and corruption. Now therfore, syth there appeareth no commodity curatyue to ryse therof, I Thinke it best to passe it with silence: notwithstanding, if you bee desyrous of it, the saying, which is rehersed may serue the purpose. And now to begin the matter playnly, I suppose. I may laye the foundacion best in the deuision of woundes.

Of woundes.

The definitiō of a woūde.

Soareneſſe.

YOu haue rightly iudged. But sir my desyre is, that ye wil begyn whereas I may heare one long profitable tale, of the whole matter, and I wil occupy myne eares and kepe silence.

Chirurgi.

I was mynded the same my selfe also.

Soarenes.

WEl, go on then, and speake to the purpose, without interrupting of your talke, vnlesse where necessitye shal cause you to pause, or breath your selfe good mayster Chirurgian,.

Chirurgi.

I Heard my frendes and bzetheren say, that there were two kyndes of woundes which doo no lesse differ in name, than in their cures, The one we call a symple wounde, the other double or compounded. The symple is where no substaunce is lost, and is ensounded & cured with one intencion alone. And of this, wee shall make no further adoe, because of the facillity therof. For why? Coblers, Carters, and women bee able to cure such woundes. Now that which is properly called a cõpounded. woũd is where some substaunce is lost, and necessarily requyreth dyuers intentions in the cure, as thus. To knite that which was seperated, to restore that was lost, and to displace an apostumation, if it bee concurraunt with the same. But here note, that amonges woundes, some be vncurable. And it is not inconuenient to begin at the harte, as the cheefe Forte and principal part of the body,

Two kyndes of Woundes. the one simple and the other double or compound.

Then we say, that euery wounde, annoying and perishing the substance of the harte, it is deadly and vncurable. For why as Auicen sayth the harte duryng the natural lyfe, may not suffer any breache of continuance. And therfore to knit vp much in one knot, such woundes as geue let, and impeachment, to the vertue, which is necessary to lyfe, take mankynd away, without remedy. As woundes in the substaunce of the Brayn: of the wind pype. of the wessand: of the Lunges: of the Liuer: of the Gaule, of the Mi dryfte, of the Maw: of the Spleen: of the smal guttes: of the kidneis, and bladder: and generally all such woundes, which perce through the bulk and inward partes, be very daungerous. Because the inward parts be altered by mouyng of the ayre from out forth. and the spirites be offended within, and the vertu natural, which mayntaineth lyfe, is destroyed. And the reason why, is that, when these partes be wounded, they be most hardly helped by reason of their continual mouinge and labourynge. And when this may not be made whole, they be not able, ne sufficient to do their offices requisite to nature.

What woũds be mortall

Partes moste daungerous to be hurte.

Now must we speake somwhat of woundes, that happen in muskelles, and lacertes. For they may be thought as daungerous, as the foresayd. For as in the one, be manifest tokens of death, so in ẏ other be Prognosticable signes, for men enflamed with high and diuine foresight. For a wound in a Muscle doth much lyke a woode Snake, which lyeth in wayt for men out of their way, lurkyng vnder the greene flowers, where he putteth them ẏ go by in doubt or hasard of their lyfe. Therfore my frends let vs reasõ somwhat of them also, ẏ they leade vs not forth wt vayne hope, and oppresse vs amonge other, as careles, & ydle heads. Wherfore we suppose that woũds chauncing, 3. fingers aboue and beneath, the heads of ẏ Muskels or lacertes nigh vnto the ioints, be exceding daungerous: and that pricking of synewes do often cause conuultions, by reason of the great fealyng and felowshippe ẏ thei haue wt the brain. Wherin ẏ saying of Hippocrates, apeareth true who saith, ẏ a spasme or cõuulsiõ chaũcing vpõ a woũd, is mortal for ẏ most part

Woundes in the Muskels.

Example.

Of conuulsiõs mortall.

Wher

Wherefore the woundes in such partes must be handled warely, and wyth aduysed deliberation. For why, they wil to notablye hynder the Chirurgian his estimation, if he prognosticate warely of the same to them that stād by: which thing truly had befallen to my selfe, when I promised a man his life, had not I bene admonished by mayster Rasis, who secretly and wittely, vnknowen to al the family, pluckt me by the elbow, and warned mee, wyth these or lyke wordes in effect. And then the pacientes strength was agreable to health, and no apostumation rysen, but he slept as he ayled nothing at all. Consider with thy selfe, sayth he, as thou dost lightly alway, the signes whiche induce conuultion in woundes. Whereas there appeareth no swellinge in the soare, in good sayth, I conceiue an euil opinion in, the patientes life, which I haue gotten me, with long obseruation. For the matter which should come forth, to the payned place, is supped vp of the synewes. Wherfore I se a conuultion euen at hand, For if the matter, thoughe it were lyttle (for in much it fareth lyke) had issued and gathered to ỹ place it would geue me occasion to thinke wel of him. For it shoulde signify, that the matter did relinquish the synewes, and draw outwarde.

A goodly note to be obserued when death is hande.

Now in asmuch as it remayneth, as a sleepe within, surely I thynke euil of it: and truly, it was marueilously sayd of him. For, or euer the fifth daye came, the man gaue vp the breath, by reason of a spasme or Crampe, wher at I was greatly abashed. reseruyng the sygnes in memorye, and mynde hereafter, as I also aduyse you to doe. Yea, and if there bee any other els, worthy of obseruation, marke the veyne also diligently, that it may stand youe for steede, when neede shall requyre. For this wil require a vigilante Eye of the Chirurgian. Wherefore I appeale here to youre secrete hartes, and bid you beware, that ye disgrace not your selues thorow rashnes, but be rype in Prognostications, and circumspect in obseruinge of the tymes of your workinges, Both for one helpe and others.

Now all other woundes, these only excepted, which I haue recited, no doubt be curable. And as for the helpe of these that are curable. there are two principall found, the one by the fyrst intention, the other by the second. The latter is, wher deuyded partes are ioyned togeather thorough a portion of an other kynd of matter. As for an example
Bones are ioined, togeather, with a certayn hard matter, much lyke a bone but not a bone which is muche lyke to Alasarte. The other, when partes are ioyned togeather, with their lyke in kynd, as flesh with flesh. And these wayes, we must needes haue before our eyes, to the intent we minister not any thing in wounds, which we might afterward repent. Wherfore to auoyde these euils I iudge it best to begyn with suche thynges as may bee vsed generally, in all kynd of woundes, to helpe mankynde.

Soarenes.

For Gods sake shew mee the best manner of woundes,

Chirurgi.

When

When ye haue determined, to take any ſutch wound in hand, incontinent remember to obſerue theſe thyngs: that is to ſay, an order of the Lyfe, locall medicines, and amendment of euill accidentes. The fyrſt, ye ſhal obtayne by due adminiſtracion of the ſixe thynges, called not naturall. If the Chirurgian be ignorant therein, the Phiſicians may rule the matter. For it belõgeth to them, to giue an order of lyuing, to byng humours to a quality, to try out inward cauſes, of variable ebbyng and flowyng. And fynally to giue iuſt redreſſe of ỳ ſame: which thyng for the moſt part, Chirurgians labour not to attain to, becauſe the matter is ſo ſecretly hyd, as it were amonges ſtones, but onely by meanes of couetouſnes, and gready deſyre of Chirurgians. For when they haue gotten onely a lyttle taſte, without all exercciſe, vnder their maiſter, whych thing is mother to Artes, as Ariſtotle ſayth: They take money hungerly, they ſeeke in hand, and rent theyr ſkin wyth theyr teeth, makyng no conſcience at the matter at all. Now as touchyng the ſecond, in applying of locall medicines: ye ſhall not play, make or marre, ne go at all aduenture, as ye ſought blyndfield. But perſwade your ſelf earneſtly, that you made Argus, to bee your companion in the matter. For in caſe ye miſſe but a little, or negligently omit any neceſſary thing in the cure, ye ſhal fyrſt bring your ſelf into a peck of troubles, and after wyll enſue many inconueniences. as ſayeth Ariſtotle: graunt one abſurditie, and many inconueniences wyl follow. Wherefore, leaſt thys do chaunce, it is good that ye loke narrowly on the matter, with aduiſed circumſpection. Now therefore, when ye ſtand before the wounded, fyrſt ponder wyth your ſelfe, how the wound was giuen, of what ſorte it is, and how large a gaſh. For be the wound ſmall, and in a fleſhy part, without loſing of ſubſtaunce, it may be cured onely with conuenable bindyng. But if it be great and deepe, firſt ſtaunch the bloud, if any bee, wyth ſome medycine conuenient, as I ſhall declare hereafter, in the place of bleedyng and Vlcers. whereunto I referre thee at thys preſent. For there I entende to giue medicines, and meanes for that purpoſe. When the Bloud is ſtaunched, ye ſhall ſew the wound, with a fyne thred, well twiſted and wared, betwene your fyngers. But or I ſpeake of ſewyng. I wyl recite certayn cauſes where ſewing is daungerous, and therefore forbidden as vnprofytable. And then wyl I to my purpoſe again in order for your ſake.

What the Chirurgian muſt obſerue.

Who ſo doth graunt to one abſurditie, many one wil eftſones follow.

A ſmall wound.

Soarenes.

I pray you ſhew me that order?

Chirurgi.

You ſhall fyrſt remember, that wounds made, with any longe and round weapen, as an arrow or dart: muſt not for a few dayes, bee cured by the firſt intencion. notwithſtanding they be cured partly by the fyrſt. Some do ſay they be not cured, by the firſt, for why? We keepe thẽ open, leaſt the matter be impriſoned here. For if it were ſo, wounds myghte incurre extreame dolour, by reaſon of alliance, wyth cordes and ſinewes. And therefore we ſay plainly, they ought not to be ſhut vp in the firſt daies.

Example.

For my selfe sawe thys in a valyaunt Captaine, at Barwicke, whys had a wound in the Necke. And a certayn Phisicion toke the man in hand, and wylling to hast the helpyng of the wound, which ought to haue ben kepte open, he closed it vp wyth a seame: whereupon, the patient fell into extreme paine, and as it were, into a continuall conuulsion, insomutch, that if a cunning Chirurgian, called Pate Hardie, a Skot, had not put to hys Hand the soner, he had borne his owne message to ỳ dead. But to our purpose, where I sayd, notwithstanding, they be cured by the fyrst intencion, this is vnderstanded, that is where there is no lost substaunce, newly produced in them. For if there were, the cured should be after the secõd intencion. And where any substaunce is lost, and ought newly be produced, sewing shal be righte straunge and vntoward. For why, it can not otherwyse be well cured, but by the second. For nature seeketh euer restitucion of the lost part, wyth no lesse carefulnesse, than the mother her onely lost Sonne. Wherefore, if wee minde to restore that, we may not sowe vp the wound, or it be recouered.

Pate Hardie the Scotte a good Chirurgian.

Of the fyrst and second intention.

If the wound be deepe, and greatlie altered, by the receipt of the ayre, thinke of no sewyng. For matter is now secretly caused, by reasõ of the ayre, which creyeth out for digestion, and absterssion. And if the impericke, whome yee know of, had thus handeled the matter, the honest man ye wote of, had ben yet a liue. For when he had taken a large gash in his Legge, and long had left it open to the ayre, thynking to be notablye well cured: caused a Chirurgian to be sent for, which immediatly in all the hast (a Gods name) sewed vp the wound. What wyll ye more? Immediatly after the sewyng, importable dolours did arise, and on the thyrd day, the legge was so feastred, that in the .vii. the man would needes take his Vltimum Vale, and say farewell to the lyuing. Now if the imperike had fyrst vsed digestion with absterssion, and then sewing of the wound: perchaunce the matter had not growen, to that extremitie of death. And in case the wound come by meanes of a bruse then attempt not to sew it. For without doubt, ye shal shortly perceiue, that ye labour in vayne.

His name was Jue, of Swasa in Cambrige shyre.

A wound of a bruse.

Wherof Galen giueth vs a warning word, sayinge: that it followeth of necessity, that a bruse should putrifie, and tourne to corruption. I addel, & vnderstand it, if it be an extreame bruse: for in a meane, it taketh no place. Therefore, if it be sewed, the seame wyll soone be corrupted. As wee sawe our selfe, a lusty yõung man, who came to see a Bull baityng in Parisse Garden, and fallen before the same, I wote not how, the Bull gaue hym in the thygh a rent, wyth the hornes. Now when a Chirurgian had taken hym in hand, incontinente he sewed the wound, whych putryfied ryght soone. And certainly, vnlesse maister Backter had helped it, I thinke assuredly, the man had dyed of it. Further we say, that sewyng is not good in a wound, caused by bityng of some beast. For a bytten place, is hollow and abated, or otherwise, somwhat sauoreth of the nature of a bruse. Howbeit, wee leaue this case to the good Chirurgians Judgement. For partes seuered by bityng may well bee ioyned wyth a threede, in some cases. Sewynge is to no purpose, where a Wounde vncouereth a Bone broken, or whole,

It is perylous to sew a wound commyng of the biting, or renyng of some beastes.

for

for it wyl not haue adoe with enfoundyng through ſewyng: except the diſcouered be fyrſt clad, and the ſecond vnyted together agayn naturally.

Also a wound in a muſculous place, ſpecyally ouerthwart the Muſkell, vtterly refuſeth ſewyng, as Auicen ſayth, in ỹ chapiter of bynding of woũds in Lacertes and Muſkelles. Or be it a Lacert, whych is rent in latitude, it is not drawen together, but rather ſome thyng is put betweene, leaſte the ſkinne grow together. &c. Wherefore he would the wound went at large, whiles the cure is after the ſecond intencion. The ſame do ſinewie places deſyre alſo, for if they be ſewed, the Lyppes wyll grow to one, and the Synewes vnder couerte, wyl caſte reumetike matter, and ſhortly cauſe apoſtumacion, ſo that ye ſhalbe driuen, whether ye wyl or no, to louſe the ſeame or make a new inciſion. Therefore to auoyd this inconuenience, wee ſhall ſuffre ſutch wounds, to run at large for a ſeaſon: and ſo ye ſhall haue them, more tractable in handlyng. How bee it, here is a tedious diſputacion moued. whether a cut ſinewe ſhould be ſewed, or not. For there bee ſundry opinions, and aucthorityes of the learned, of the one ſide, and of the other. And verely, if I ſhould diſpute the matter, I would mayntayne both the opinyons, although at this preſent, I aſſente wyth maiſter Jhon de Vigo, not for that I haue ſworne, to ſay as he ſayth, but becauſe his words, ſeeme moſte conſonaunt to reaſon. Of wounds of the muſcles

And to Auicen, where he ſayeth, if the ſinewes be broken in latitude, then it is neceſſary to ſewe the wound: and if it be not ſewed, the wound wyll not grow together. Howbeit, I wyll omit the proſecution of this queſtion ſith it is not neceſſary vnto this treatiſe. But yet by the way, marke well the ſaying of Auicen, where he commaundeth to ſew the wound of neceſſitye Certes, I, after Marianus would let it go open. But he meaneth of a large wound, whych would cauſe great deformitye, if it be vnſewed. And lykewyſe, if it bee ſewed, that there bee a great diſtaunce betwene ſtitch & ſtitch And on the other ſide, where I ſaid, I would ſuffre it to be louſe. I ment of a ſmall wound, whych experience ſhall teach you to be true. Moreouer, many dolorous and apoſtumated wounds, wyll none of ſewing, which, what for the facilitie, and manifeſt apparance, needeth no further declaracion. For the cauſe is open to them, that wyll diligently conſider the matter. Of ſinewes

These be the cauſes, where wee vſe not to ſewe Woundes, and bee worthy to be put in memory. Now wyl I retourne, from whence I degreſſed. How to ſewe a wound, and how not.

Now theſe caſes excepted, ſewe the wound, w̃ a well twiſted ſthred, drawen through ware, as we ſayd before, alwayes remembred that ye leaue ſome place open in the loweſt part, where matter may haue iſſue forth. When yee haue ſo done, ye muſt apply this medicine, whych is mingled of the whyte of an Egge, and a lyttle Oile of Roſes. Thys is done, becauſe the Paciente ſhould not greatly bee troubled, at the remouing. For oftime is cauſed ſo great payne, namely in hearye places, that the pacyent ſeemeth to bee cramped, or rackt with conuulſiõ. And let this remain truth. howers in ỹ woũd if ye fear any bledig. And whẽ this time is expired, viſite your paciẽt again, with a gladſome countenaũce, and whiles ye be merely talking wyth hym The Chirurgian muſt looke pleaſauntly vpon his pacient.

take of all the couerynges, and then enbaulme it, with a degestiue of yolkes of Egges, and cleare Terebintine, layed in a cloth. But if the wound bee in the head, or any place of mutch feelyng, take Oile of Roses, in steede of Terebintine, where wyth proceede in the cure, tyl matter be caused in the place. And when that is done, set the degestiue a part. For if ye proceede further, it were but to put putrifaction, to putrifaction. Neuertheles, the brinkes of the wound, must be oyled wyth Rosed omphacine, that is Oile of Water Lyllies. After ye haue so visyted the wound, ye shall spred this defensiue, one hand bread from it.

Defensiue. Take of Rosed Oyle. ʒ.ii. ß. of all the Saunders ana. ʒ.ii. of Bole Armoniack ʒ.ii. ß. the white of an Egge, and a lyttle Vineger, if the wound be distaunt from a sinewie place, if not, Wyne of Pomegarnettes, in steede of Vineger. All wbych, cause to be drawen in a morter that it be at hand, when neede shall requyre. When ye haue thus proceeded fower or fyue dayes, thē must you gyue ouer the degestiue, and vse a mundyfication, which is thus myngled. Take of Rosed Hony, ʒ.ii. of Terebintine. ʒ.iii. let them seeth a lytle, puttyng thereto. i. ß. of Barly meale, with ə. i. of Saffron. All which must be incorporated at the fyre, and vsed the space of. viii. dayes, or there about, as is expedient. And as for the sounding, vse the oyntment, that I described in apostumacions, wherewyth I ensound or make whole, almost all kynde of breaches, as our fryend can wytnesse, wbych (because hee would haue the certayntye) would needes be present, when we cured a sore man of an apostumacion vnder the arme hole, wbych Albenzoar Rasis reckoned for vncurable. If any fattysh flesh grow, at the inclosyng thereof, ye shall remoue it with Vnguentum Mixtum, myngled of Vnguentum Ægyptiacum, and Vnguentum Apostolorum, of ech lyke quantity, or els take this pouder, wbych my self dyd mtuch vse. Take of Citrine Mirabolanes. ʒ. ß. of Terra Sigillata. ʒ. i. of burnte toch Alume. ʒ.ii. let them be stamped small, and the pouder vsed for a corosiue, wherewyth ye shall get the victory and triumphe ouer the Maladye.

Soarenes.

Thus haue ye spoken of a symple deepe fleshie wound: now I praye you, proceede to the double wound, and the cure thereof.

Chirurgi.

REstitucion is made, with a matter of an other kinde, as in bones and sinewes. Howbeit, some authors affyrme, that broken and displaced bones in young chyldren, be vnited againe, wyth matter of the same kinde, For why, members, which Phisicians call sparmaticall, beyng once loosed, wyl not be ioyned againe, with Poros sarcoides, wbych is of an other kynd. Now therefore, here haue we to declare, how this meanes may be obtained, in a double wound, of the elbow or hand. For of all woundes, they be most hard and daungerous, and specially of the hand: for the multytude of sinewes and cordes, and otherwise, scarcity of nutratiue humoures. Therefore let vs take in hād, euen as it were now newly come to our cure.

Now then my fryend, when ye be called to any sutch chaunce, remember ye loke seriously, that no shiuer nor gobet of bone be left in the wound,

wbych

whych might ſharpen and anger the vertue naturall, through ſome dolour and pryckyng. As it hath chaunced in a famous worthy Gentleman and Souldiour, called Captain Rede, whoſe arme was broken at Lith, in war, Anno. 1559. and many bones remayned, to his hurt for a tyme. For if theſe accydentes a riſe, they ſhew an apoſtumacion at hand: the effect and commyng whereof we ought by al meanes, wayes, and pollycies to imbarre, leaſt it creepe to the wounded place. And ye ſhal obtain thys, if ye obſerue this order, whych I wyl giue you. Firſt clenſe the Woundes of all ſheuers of bones, and then if any bones be fully cut of, place them in theyr roumes as orderly as ye can. When ye haue done, haue a table at hand, wel couched and couered with ſoft lint, that the hand or member may be placed to reſt thereon. And forthwith ſewe vp the wound, in caſe it be large. For a ſmall wound as we ſayd before, muſt be left open, to the intent reumaticke maters may haue free liberty and iſſue, to come forth. But take heede in ſewing that ye pryck no ſinewe, and that paſſage be left in the loweſt part, for ſanious matter, which ſhall growe, or be cauſed there, to iſſue forth. When the wound is ſewed, and the hand layed on the table, then muſt you apparell the ſame with fyne lynt, dipped in the whites of Egges: and ſo leaue it gētly enrolled, for the ſpace of xxiiij. howers, geuing the pacient a conuenient regiment of lyfe in ſpyet according to his nature.

Captaine W. Reede of the holy Iland.

To clenſe the wound and draw forth broken bones.

Soareneſſe.

What ſhall we do then, when this is doen. as you haue commaunded, in this moſt goodly wholſome order?

Chirurgi.

AS ſone as that tyme ſhalbe expyred, retourne agayn to the pacyent, taking a Barbour with you, to make a conuenient bloud letting, on ỳ other contrary part: & this is done, that the matter ready to cauſe apoſtumacion, fall not to the place, which is made weake by meanes of the wound. And the veine muſt be opened for bledyng the ſecond day, for ſauing of good bloud. For if the vein were opened the firſt day: then good bloud might be drawen, aſwell as euyll. Now when ye haue done wyth the bloud letyng, open the wound and apply theſe Medicines, for the cure therof, as follow in order. R. of moſt cleare Terebintine .ʒ.ii. of oyle of Hipericon. ʒ.iii. mingle them at the fyre, powre them warme into the wound. For if it bee applyed colde, inconuenyence myghte inſue therof, as Hippocrates ſayth: cold is an enemy to the ſinewes, teeth, bones, brayne, and nuke of the necke, but heat is profytable and friendly. Therefore it is ryghte conuenient, that in all your workes, about Double wounds, ye eſchew medicines, whych ſhall be actually cold, and ſee yee kepe the member warme, as a Woman delyuered of her burthen. Moreouer, in the brinkes and circuite of the wound, ye ſhal apply pieces of cloth, throughly weated in Roſed oile, wherin Anglet witches, or earth wormes haue ben ſodden. For this wil comfort the part, & alſo cauſe euaporacions of humours, if any ſhould approch. Againe, anoynt this defenſiue about the cubite or Elbow, to defende the Wound from fletyng matters. For thys doe thus. R. oyle of Roſes.

When to let bloud on the contrary ſide of the body.

Cold is an euyll enemy to the ſinewes.

Abstersiue to clense and dry.

and of Myrtille oyle, ana. ʒ.i. ß. of Bole Armoniacke, Terra sigillata, Dragons bloud, ana. ʒ.i. ß, of all the Saunders. ana. ʒ.i ß. of white Ware. q. ß. and let it be made to a soft Defensiue, in maner of a liniment. And when ye haue thus proceded in the cure. 6. or 7. dayes or more, as vnto the time the sinewes cast some reumaticke matter, then it shalbe time to goe to abstersiue, or drying. The fyrst, whereof is thus made. Take of Terebintine. ʒ.i. ß. ℥ of Syruppe of Roses. ʒ.i seeth them a lyttle, and whiles they be seething, put thereto q. ß. of Barly meal, and of Sarcocole, and Frankinsence, ana. ʒ. ß. of Saffron. ɔ. ß. and stirre them wel, tyl they be incorporated, and mingled together. Thys is a gētle abstersiue, without biting or nypping, which is necessary in sutch Woundes.

A good abstersiue. q. ß. is as mutch to say as wyl suffise

Soarenes.

All this shall I gladly do to my selfe and others, but a Gods name, what shall I then take in hand, to proceede any further?

Chirurgi.



E shall minister this oyntment, as the learned Chirurgians did order it, which is. R. Of Calues and Cowes fat l'. ß. of oyle of Roses, of Rosel ana ʒ. ß. of litharge of syluer. ʒ.iii. ß. of fresh odorant Wine. ɔ.i. of Anglet wiches or yerth wormes ʒ.ii. of Hony, S. Jhons Wort, Madder, and flowers of Rose Marie, an. M. ß. Let all these be boyled together, the Terebintine and Litharge only excepted, vntyl such time, as the Wine be wasted, and then strayn the forsayd decoction, and boyle it in a new together with the Litarge, tyll it haue gotten a very blacke colour, and lastly put the sayd Terebintine to it, with q. ß. of whyte Ware. And so this wyll be a soft ointment, most conuenient for wounding of sinewes. And this kynd of ministracion, must bee continued, vnto the tyme of sealyng and ensounding: for which purpose, ye may vse this decoction folowing, or that, whych was discriued before, in apostumacions. But yee shall fynd this decoction folowyng better because it doeth ensound and comfort the member withall: and therefore ye may boldly vse it in this place.

A good ointment for wounds.

Take of Roses, Myrtilles, Wormewood, flowers of Pomegarnetes ana. M. i. ten Cypres Nuts, and boyle them in red Wine, vnto the wastynge of the thyrd part, whych vse, and apply with a Spunge well pressed for the repayre of the member. And this was myne order, my friēd, whych in good faith, gat me both honestie and profyt. This I suppose sufficient, as far as it appertaineth to the help of a double wound. Now is it tyme, to come to the accidents, whereof we mencioned a litle before: which thing, yet neuertheless, I would haue omitted, had I not perceiued, that ye were so desyrous of it, and doubtlesse, not without good cause. For why, the greatest part and feat of curyng of wounds or vlcers (whereof by Gods helpe, wee shal reason to morow) standeth in the remouing of the euill accidents. And therefore, least I should be seene to defraude you, of your desyre, I wyll once venter my selfe for your sake, vnder thys Burthen, beauye thoughe it bee. Verely I can not but mutch maruell, how it should bee, that our

To ende a double wound and begin accidents.

Nature subiect to many calamities.

nature

nature is ſubiect to ſo many chaunces, and ſo great ieopardies: when I conſyder the accydentes, in ſewyng VVounds, whych when they be fallen, they bryng not onely the ſlender wytted and learned, but trouble wittye and farre caſtyng men alſo. VVhat thynke you the common ſort of Chirurgians wyll doe when they ſee learned to ſeeke, to be vncertayne, and to run from medicine, to medicine, thynk ye not, but they wyll make Lyght of the matter: if they ſee a man, to be tormented, wyth payne, burſt wyth apoſtumacion, vexed wyth euyll complexion, to burne in Feuers, to be rackt wyth crampes, to haue Apoplexes, yea and to be diſtracte of their wyttes to? Therefore leaſt we be reckened of theyr number and charged wyth ỹ crime of vnmercifulnes: let vs endeuour our ſelues, to the vttermoſt of our poſſibility, that wee maiſter euery of them with many medicines, when they befal. For if they be not wel handled, they wyl robbe vs of our honeſt name health and profit, and all the pacients of theyr liues, whych is theyr chief Jewell. VVherefore, we muſt beſterre vs in the matter diligently, when Nature is extreamly vexed wyth dolour: and way with our ſelues, whether it come of the breach of continuaunce, or dryng of the wound, or elſe by reaſon of gathering of ſome humerall matter. And it it come by breach of continuaunce, or dryng of the wound, then ſhall a molificatiue be beſt, for the openyng thereof. But if it come by heapyng of humerall matter, then drynge medicines ſhal be beſt againſt the payn, without any reſpect of time, which be mingled of Oiles, meale and other dryng ſimples. Theſe thynges well conſidered, firſt if the wound be pained, through lacke of digeſtion, it maye be eaſed with this.

When the Chirurgiã is put to ſhame.

Take of ſoft bread ſodden. ℥.i. Goates mylke. ℥.vi. of oyle of Roſes, and Camomell. ana. ℥.ij. and yolkes of three Egges, all whych dooe myngle together in a pot, the yolkes reſerued, and boyle it, tyll the oyles be well drunken vp of the Bread, and then take it from the fier, and mingle the yolkes wythal. Thus ſhall you haue, if ye boile it accordingly, an hard Plaſter, to be applied warme to the place.

Soarneſſe.

But what if this your medicine ſerue not to the purpoſe, haue ye no more plenty of medicines then in ſtore?

Chirurgi.

YEs forſooth, that I haue a medicine of great vertue folowing. Take a quarter of a pynte of ỹ decoction of Mallowes, and Violets, or Mutton broth of the Weader, or els of anye beaſt that men vſe to eate, and let bread be wel ſteeped therewith, and afterward boyle it, as it was ſayed before. But remember to put a litle Saffron in this, as it may in the former alſo, if it pleaſe the Chirurgian. But if it come of heaping of matter, vſe theſe medicines that follow.

Take of ſmall ground Branne. ℥.iii. of Barly and Beane meale ana. ℥.ii.

of Camomell, Melilote, and Wormewood, finely shorne, ana ℥.ß. of Odorant Wine, three cupfulles, boyling them at the fyre, with sufficient Sape, and in the end put thereto oile of Camomell, and of Roses ana ℥.ij.ß. oyle of Dill. ℥.ß. with a litle Saffron, and make hereof a soft plaster, after the maner of a Cerote. I warrant you, with these ye shall asswage the dolour, whych for the most part draweth matter to the place, as a cuppyng Glasse, namely if it be cold. And if it come of heat, then alter the hoat receiptes, according to the necessity. And when the dolour is once appeased, ye shall easely win the Bulwarke as touching the rest of the cure. Now ye shall represse apostumacion, if ye apply the defensiue aboue described, when ye haue let the pacyent bleede, with a diuersiue bloud lettyng a clyster going before: But if there appeare smart rednesse about the wound, the cause is an euyll complexion, for correcting whereof, ye may vse these receiptes. Take Oyle of Roses. ℥ iii. and mingle the same with the yolkes and whites of two Egges, which apply, being wel shaken together in linnen. Or thus. Take ℥ ij. of Vnguentum Rosatum, oile of Roses. ℥ i. and put them in a Leaden morter, casting thereto of iuice of Lettice. ℥ i.ß. of Litharge. ℥.ß. of Terra sigillata. ℥.i. and draw this, till it be as a fyne liniment, whereby ye shal fully remoue, and correcte the euil complexion. But if the pacient shal be vexed wyth any feuer, conuulsion, palsy, alienaciō of mynd, swonyng, or such like, by reason of mouing of the humours, take a Phisicion to you, and he wyl amend these accidents. For if I should now order Siruppes, and Pocions (albeit that I entend also at more leisure, to speake more of them in that place, but not nowe) I might seeme to put my sithe in an other mans corne. For why, here we talke not of Phisicke, but of Chirurgi, which is somewhat contented with Oyntments, Fomentacions, Plasters, and Linaments. Thys is the Money, wyych I had to coyne thys day, for intent I myght be able to pay you, wythout further suite in the Law. For ye bound me so strayghtly, with an obligation of an oth. Albeit in thys case, euery honest man wyl wyllingly kepe touch to discharge his credence to his power.

To correcte a smart wound.

Soarenesse.

OH, how ryghtly iudge you? But now gentle Chirurgi, in as much as you haue yelded vs the vse of this day, let vs depart for the tyme. Howbeit, let vs repayre hither agayne, I praye you to morowe, to the intent the rest, if any be, may be payd: and so we receiue the whole summe in assurance, whereof ye haue gyuen vs, sore people, thys earnest penny. And in the meane tyme, we Sore and Lame, gyue thankes to the lyuing God, for his deare benefyts, wyych of his mercy, he hath plentyfully bestowed vppon vs to relieue vs with his giftes, and by his meanes, that we haue learned, to helpe and heale our selues when we are lame and sore, whereby we may be profitable to our common wealth. I therefore desyre you, when you bee at leasure, to treat somewhat of vlcers,

God giueth healthy.

Chirurgi.

Now

NOWE, an vlcer is a breach of continuaunce, with putrifaction and rottennesse, caused in processe of tyme. And theyr breedyng or ingenderyng, commonly (as Auicen taketh it) is of vlcerated breakyngs foorth of pusches, and of woundes euyll handled. Wherefore, woundes (as our chyefetayn and graund mayster, affyrmeth in the fyrst treatise of vlcers) as soone as theyr due tyme of digestion, and absterſion is erpyred, and yet neuertheles, they remaine foule and full of corruption, must be called Vlcers properlye, and not woundes: whereof it is a consequent, that euery breach of continuaunce, whych boydeth matter, or virulencie, shall vndoubtedly be called an Vlcer. Whereof some bee fathered of an hoat, and some of a cold humour. The vlcers which be found with rednesse, and itchyng in the edges, come of the hoat the other, whych bee wythout great rednesse and itch, and haue also wyde rootes, are fed and nourished of colde. Agayne, among Vlcers, some be of small importaunce, and some be ryght daungerous. Al bee daungerous, whych breede no sanious matter when the tyme is to breede it: or when some apostumacion is cõcurrant, whych shalbe hydden secretly, without euydent cause. For if the apostumacion vanysh, by reason of some medycine, hauyng power to worke that effect, it were no matter, but if it vanish wythout cause, and lye secretly a lurkyng: Certes, it importeth no good, but euyll, as spasmes, destractions and alienacion of mynd. Howbeit, there bee also Vlcers, as Auicen sayth, whych properly, and as it were of theyr owne nature, produce theyr effectes now and then, as vlcers of the backe, of synewes, of the knees, of the hanche, and all sutch as haue great aliaunce with the Nuke, whereof, some bee tractable, and some repine vtterly agaynste Chirurgi, in theyr cure.

What an Vlcer is.

All sores holding virulent matter are called Vlcers.

All kynd of Vlcers be most hard of cure, whych succeede any syckenesse, and end the same, by the way of euacuacion: For nature vseth to vnburden her self, at that place, from thencefoorth, of her euyl and vnprofytable superfluities. Lykewyse bodyes, whych be accidentall, moistye, or dry, wyll not easely be cured of theyr Vlcers: as women wyth Chylde, and folke sycke of the dropsy: which is the caused in the one through aboundaunce of accydentall moysture: in the other, by reason of retayned superfluities. Agayn, dry and ethicall members, may not easely be ensounded, for want of good bloud: We see the lyke effect in old selie bodyes (whych, what for lacke of digestyon of theyr meates, theyr naturall heate beyng almost extinguished, and what for lacke of good bloud) be contynually eaten vp of Vlcers. Oft tyme an euyll Complexion, is cause why, an Vlcer is not healed and ensounded. Wherefore in especyall, haue the Complexion in consyderation, and neuer reste tyll yee haue corrected the same. For why, otherwyse the nourishment, whych creepeth thither, wyll be turned into an euyll matter when it is not ruled and maistred of nature. For what is an euill matter else but corrupted Nutryment, whych Nature could not order, ne was able to conuert into the second Humidyties? And to the entent ye may atchieue this well, ye shall bestowe a lyttle Labour, to know the Natures of simples, and Signes of Complexions, whych yee maie learne of Galen, in hys Booke,

Vlcers bee hard to cure that follow a sickenesse.

de arte

Chirurgians do not agree.

de arte medendi. And spend not your tyme in trifles and woordes, that passe wyth the wynd, neyther in croked & distorted arguments. For what good shall you do to your pacyents, when they cry for your helpe, when yee haue made a great sorte of subtyll arguments. whether there may be a neutralitye, or meane betwene sycknes and health, in any body. Again sith wee see that they, whych haue made mencion in their bookes, be all at square, and none wholy of others opinion. why doe we embrace sutch losyng of tyme? Therefore I wyl aduise you, to follow with all diligence, Maister Jhon Tagaltius, who groundedly and pythlye in his doynges, seeketh oute fruictfull matters, omytting trifles.

Ulcers in good complexions, ar sone cured.

On the other side, the Ulcers, whych may be easely cured, are those that chaūce in bodies of good complexions, and be nourysshed with good bloud, without affluence of many superfluities. Amongest whych some abyde in theyr newly caused continuaunce, and some fall to discontinuaunce agayn. The Ulcers whych fall againe to discontinuaunce, be (as Auicen teacheth) where flesh is caused and generated or euer the mundification be complete. For in as mutch as vncleane superfluities, be there secretly hydden, it followeth of necessity, that the continuaunce be loosed and broken vp agayne. And for this cause, sutch breaches of continuaūce and sores, bee reckened for fistulaes, with the learned Phisicians.

Fiue kyndes of Ulcers.

Further note here, that there be fiue kindes of vlcers in generall an vlcer viculēt, kythie, hollow, rotten & corosiue. But me thinketh it is meete fyrst, or euer we meddle with the cure of these generalles, that we recite ỳ accydents of vlcers, whych cumber and hinder vs, in the cure: And when wee haue so done, then shal we recite, and treat of theyr cures. For in case wee correct not the accydents, which make most for the knowledge quod quid est rei, as Aristotle sayth in his bookes, De Anima, we shall neuer winne the victory of the vlcers, though we strine right stoutly in the cause, because the accidents hold of the sore, and be of part against the cure,

Accidents in vlcers, their names.

Now the accidents which happen in vlcers, be these, bleedyng superfluous flesh, cupll in sauour, Lippes, dolour: apostumacion, hardnes, corrupted bones, swellyng veines, and roundnesse, and euery of these require properlye a cure by them self, whych if it be denayed them, when they call for it, either we shalbe conuented before A Judge, to giue euery man his owne, or the debt not payed, there may be no confederacion in amity with men. Therefore least we be troubled in the law or charged with tiranny, let vs see how we can discharge our handes, of these accidentes, and fyrst of bledyng.

The fluxe of bloud proceeding of a primitiue cause.

Euery fluxe of bloud, deare brother Sozenes, commonly proceadeth from a primitiue cause. For the antecedente, wee wyll omitte at this present, least happely, whiles we passe ouer our owne, and rush rashely into other mens doores, we myght anon be thrust forth by the head for theeues. Therefore, to auoyd this dishonestie, we wyll onely speake of bleding, comming of a cause primitiue. Now therefore a morefage or bleeding, commeth of late diuision of the continuaunce, or by reason of putrifaction of the same, In wounds we fynd swetyng of bloud, from a veine, and sometyme swellynge and fletyng of bloud, by lyttle and lyttle. A veine sweateth bloud, when he

Distilling of Bloud from the veines.

is bereft

is berefte of his proper couering. Wherefore in this case, we iudge it neceſſary, that the Phiſicion haſt to repayre wyth gentle medicine, that, which was waſted with cruell weapon. This is don by conuenable ſewyng of ỹ wound, but in caſe the veſſelles be broken, and the bloud run at liberty: it is to be cõſidered, whether the bloud run gently, or els ſpryng and amount fierſlye in his ſtreame. If it fleete myldlie, then it is playn, that it commeth of veines, and is somwhat groſſe, and dimmyſh red: but if it mount on heyght, bee red, fomyng and cleare, it is an arterie. But as touching the cure, theſe thynges muſt fyrſt bee conſidered, whether the whole veine be cut, obſerue the order, which ſhall be declared anon. Next conſyder, whether the wounde bee deepe, or ſuperſyciall. If it be ſuperficiall, apply incarnatyues to it, which ſhal be ſutch as follow. Of Woundes deepe, and not deepe.

Take Sarcocoll, Myrrhe, Aloes Epatike, Dragons bloud: Maſtike, ana, as ye ſhall thynke conuenient. For ſo of euery of them, may bee ordered by your ſelf, accordyng to the pacyents complexion. And wyth this ye ſhall withſtand thys kynd of bledyng, which is wont to comber men very much Afterward, when this medicine is caſt into the Wound, ye ſhall rolle ſmall quiſettes of lynte, and weate the ſame in the whytes of Egges, wel ſhaken and beaten wyth duſt of Bole Armoniack, and lay them orderly in the wound. Theſe alſo muſt be couered wyth a lynnen Cloth, well weate in the ſame whyte of Egges, and afterwards be bound, obſeruyng alway, that the bindyng be handſomely done, that it cauſe no dolour. But if the Wounde bee deepe, ye ſhall conſyder wyth dilygent heede, whether the gappe may be ſufficiently ſtopped, if it be deepely ſkytched, and if reaſon allow, that yee ſhall not in any wyſe omitte the ſewyng: that done, immediatly lette follow a linnen cloth, infuſed in the ſame whytes of Egges, and duſt aforeſayd. If yee ſee that ſewyng wyll not ſerue, follow the order, whych I my ſelf followed, and had euer good Succeſſe, as my Pacyents can tell and wytneſſe them ſelues. Repercuſſiues

And fyrſt ye ſhall waſh the wound, wyth red or bynding wyne, and that for two cauſes. The one is to cõfort the place: the other to waſh of ỹ bloude that none may hynder the ſyght, to ſee where the medicine ought to bee applyed. Agayn, that no bloud be left, to cauſe corruptiou. For ye ſhall ſhortlye after, feele wyth your Inſtrument, what watryſh and fylthy ſauour it wyll cauſe, if ye let any remayne. Now, when ye are at poincte wyth theſe matters, a new labour and care wyl take handfaſt on you, that ye ſhall not bee idle. Then ye ſhall lute the gappe, or mouth of the veines, whych ſpout foute bloud with this medicine, ℞. The duſt or pouder of Galles, Beane meale, and Hill duſt. ana. ℥. ii. Jhon Vigos pouder called Præcipetatum. ʒ. i. & mingle them with ſufficient white of an Egge, and apply it to the gap of the veine, as I ſayd. Now if it ſhall come of putrefaction, lay all incarnatiues aparte, and ſet your mynde to the ſeparacion thereof: whych ye ſhall doe wyth Vnguentum AEgyptiacum, if the putrifaction bee but ſmall, and betweene twoo partes of the fleſh. And AEgyptiacum muſt bee made, after the deſcription of Auicen, euen at home, Vert greece, Roche Alome, in quantity partes a lyke To ſtop a bleding veine. When to incarnate, and when to ſeperate a ſore.

if it

if it be deeper then so, then apply the Trochiskes, whych I wyll describe in the end of the booke: whych wyll remoue the rotten flesh, from the good without great paine. But this can no man rychtly myniſter, except he haue seene it ministred before: therefore ſtye set your mindes to attayne to this, choose some expert Chirurgian for the purpose, which can distinct these thynges in practice. And in good fayth, if trouble dyd not withdraw me from practycing, I would shew you this poinct my self.

On the other side, when the veine is but partly opened, incontinent yee must remember these twoo poinctes, to wete, that the veine must fullye bee cut of, or bee bounden and knit. The one poinct we call incision of a veine, the other bindyng of a veine. Incision is made and vsed, where the thynges before mencioned, did not serue, as some, where they doe not in deede. And thys is practised for this purpose, because the endes of the veine beyng cut of, should runne backe, and be hid within the flesh, and so be couered, whereof wyll insue stoppyng of the veine. Howbeit this may not be practised indifferently in all veines, but onely when they appeare small. For when they be great and grosse, then shall you vse one other fetch, not mutch vnlike the former. Marke then, before yee make the incision, whether if a small drawyng of the flesh be made, it were possible to knyt the veine in the vpper part, whych thyng were mutch tolerable in thys worke. If that may not bee, cut of the veine wyth an hoat Iron, or Instrument, made fyt to that, or to the like purpose. But take heede, that ye make not the incision to deepe, lest ye cut the arterie, whych accompaneth the veine: for there be few veynes, which haue not arteries associated with them. Now one cunning Man when he was called to one, who had bled twoo dayes, and many right skilfull in the matter, had ben in a pecke of troubles, about staunchyng of the bloud: perceiuyng by questionyng wyth them, that were present, that they had omitted nothing: that men commonly vse in sutch cases, least hee should seeme a Doyre amongest labouring Bees: and agayn, least hee should haue fayled them who had sayd mutch vpon his head, vsed this feat, wherewyth he procured hym selfe prokyt, and his pacyents sauetie, though men dispayred of his life. For some of them that were present, remembred the saying of Auicen, who sayth, that eupll accydents, are wont to follow bleding as conuulsions, through emptines, yering proceedyng of dyeing of the villes of the stomacke, and alteracion of mynd, with other symptomes whych in thys case are arguments and signes of cold Death, For these bee the accidentes that follow bledyng, and when they appeare, they sygnify death to bee at hand, but to my purpose. He perced the lip of the wound in the vpper parte, euen vnto the cut veyne, and left the same vntouched of the needle, on the one part: then conueighed he his needle vnderneath the veine: to the other part, and perced agayn the lip, from the lower to the vpper part, in such wise that he altered the vein, knitting the ends of the threde together, and fastning it to the lippes of the wound, and thus deliuered he the pacyent, euen from Deathes dooze, and present daunger. But I say my Friendes, one thyng moze, remember that about all youre Woorkes, of staunchyng of bloud

Of incision of small veines.

Deepe incision hurteth the arteires.

Eupll accydents follow bledyng.

Signes of death.

A good practise.

bloud (when yee haue filled the wounde wyth quiſets) lay ſome peece of cloth vpon the ſame, well weate in water, and Roſed Vinegar, ſo that the peece may compaſſe the whole member, where the bleeding is. Now with ſutch feates and engines, ſhall you triumph ouer al vnbridled bloudflowinges, with mutch prayſe, & erect vp worthy Monumentes of your actes. We haue now, as it may be thought, ſpoken inough, and inough of bleading: wherefore leaſt the time fayle vs, being ſo ſwiftly meaſured, by ỹ firſte mouable, let vs now take the cures of vlcers in hand, where we ſhal vnfolde the reſt of the accidents belonging to vlcers. For if we would treat properly of euery of them, it ſhould be a long matter, and diſpleaſaunt. For why? the ſame thynges ſhould needes be iterated, and repeated agayne, and yet agayne in dyuerſe cures.

To ſtaunche bloude.

Soareneſſe.

BVt yet my brother, me thinketh it were not ſuperfluous, in our communication, if you dyd ſhortly declare, or euer you entred thys matter, whereof vlcers take their name in eſpeciall, ſithen we haue founde in writing, that they are here and there named, of their cauſes, as of a matter that went before, or els of their accidentes, by reaſon of their cauſes.

Chirurgi.

THey be named ſanguine, cholleriſe, flegmatike, & melancholike, according as any of theſe humours, ſhall exceſſiuely abound in thē. Or of their accidentes, they call them hard, cauy, fiſtulous, rottē, cancrous, corroſiue, dolorous, apoſtumated, euill lipped, & ſo forth, as any accident ſhall cumber the vlcer. Howbeit the true cauſes, wherof vlcers take their names, eſſence and being, be but two, euen the antecedēt, and coniunct: the antecedent, is, where is corruption wyth an exceſſiue quality of euill humours, proceeding of an inordinate regiment of lyfe, hauing power to feet, viciate, and corrupt the partes of the bodies. The cauſe coniunct, is nothing els but a malicious complexion, cauſed of Woundes breaking forth, and opened puſhes, namely when they be euill handled of Chirurgians, and Phiſicians, as wee ſee dayly in our time: wee can alſo deuide vlcers otherwiſe. For ſome bee playne, ſome deepe, and of the ſame ſome hard, ſome ſoft: Agayne ſome ſtanding, ſome running or creeping. And lykewiſe, ſome of them be corroſiue, ſome putrified: but becauſe ſutch definicions, make better for the dulling of the wit, than quickning: I purpoſe not to make any ſpeciall mencion of them in cures. Wee may note, ỹ oft tyme, they bee turned after ſome property or quality of the matter, or Sanies, whych ſhalbe in them. For our Doctors, and chiefe Phiſicions ſay, there be four kindes of matter, or Sanies, whych the Latines thus terme, & cannot well be Engliſhed, Sanies, Pus, Virus, Sordities whereof they ſurname them, wyth lyke deriued termes. And according to theſe nomber & termes, I mynde to ſpeake of vlcers here conſequently in theyr order. But fyrſt of a ſanious vlcer.

Sanguine, Cholloryke, Apoſtumacions.

Antecedent, & Coniuncte.

Sanies is matter comming of corrupted bloud, or els putrifaction, and ſomtime it is taken for poyſon.

And thus ſhall we do, if God ſo will, when we haue ſayd ſomwhat of Sanies. For in as mutch, as we entend to ſpeak of a ſanious vlcer, it is reaſon that we know fyrſt, what Sanies is, whereof it ſpringeth, and what be hys

causes. And by the reason of thys, we shall easely know the correction of vlcers, whych thyng (as we take it) consisteth in knowledge of the causes, rectification of complexions, and comforting of members. Now Sanies is nothing els, but corrupted foode or nourishment whych nature was not able to digest, neyther turne into the second humours, which they cal glew, Dewe, and the humour vnnamed: Sanies is caused and generated, when nutritiue matter, comming or all ready come to a member, may not be cõuerted into the nature of a member, by reason of the weaknes of ỳ same, or superfluityes of other members approching together. For as Galen writeth, the strong members doe oppresse the weake, and put of theyr superfluities to them, whych be turned into Sanies, or virulency Wherefore, whẽ we purpose to cure any weake mẽber, we must endeuour our selues wyth all possibility, to strẽgthen it wyth some Medicine cõfortatiue, that it may put of straũge superfluities. And verely bynding medicines, being of such heat, as shall not exceede the naturall heat of the weake part, shall comfort greatly, as Galen sayth in the thyrde De arte medendi. The same effect haue defensiues also, if they be lykewise qualified. And after what sort this must be don, the nature of simples it selfe, wyll informe you. Therefore, bestowe some labour, in the search of simples, to the intent ye may fetch them readily, as it were from a store house, and not seeke at al aduenture by chaũce medly, as they grope for a pin in the darke. The lyke mischiefe is committed in administracions of Oyntmentes, whych be hoat, or moysty of complexion, and both the qualityes do promote a soare to putrifaction. For in heat and moysture, if heat rule not the same, then they are causes at fyrste dashe, to cause putrifaction, as Aristotle Prince of Philosophers affyrmeth. Therefore, who so euer purposeth, to exercise Chirurgj, must labour with all industry, to know the nature of oyntmentes, at hys fingers ende. I speake not of the names of Oyntments, as the imperickes, and some of our Men do, whych professe Chirurgj, as soone as they can name & recite Vnguentum Basilicum, Nigrum, Aureum, Apostolorum, Ægyptiacum, Rosarum, Album Camphoratum, Lithargicum, Ceracinum. &c. whereof they bragge, and spreade a Peacockes tayle agaynst the simple. But I meane the qualities of oyntments, whych must be diuers, in diuers maladies, according to our entencion curatiue, in the malady. For somtime we comfort, somtyme we moyst, somewhere we dry, as also ostentimes we coole, or heat. Therefore, it is not to be marueyled, that such venterlinges and younglinges stumble so ofte at a Straw. For why, these men be vtterly lost in their bookes, and wyll not vary from them one finger breadth, whereof spring many errours, specially when they vnderstand not, whych one learned man recorded, cõsidering he spared not to try out in the matter, in hys Aphorismes, saying, to worke after Bookes, wythout perfite knowledge, and a fyne wit, is a ryght comberous thyng. Wherefore I exhort you, most deere Brethren, ỳ you order your medicines, according to the complexion of the member, and your intencion in the cure. And if it be possible, make your medicines your selfe, and trust not so mutch the Apothecaries, least ye be deceyued wyth ỳ

Stronge mẽbers doe oppresse the weake.

Chirurgians must know Simples.

Fooles wyth bookes, bee worse than vnlearned practicioners.

blessed

blessed termes, I wyll not say cursed, intituled quid pro quo,because hee is dead that made it. For as men haue dyuers Phisiognomyes, dyuers qualities,and quantities, wyth sundry Complexions geuen them partly by influences, & partly by tractes, & dyuers Regions, so haue the simples: also as great variaunce amongst themselues,in as mutch as they be of sundry shapes, places, and countryes, from whence they acquire proper natures, qualityes and powers in working. Wherefore Auicen cryeth out in ỹ Chanon of vlcers,saying: Medicamen quidem vnum, secundum quædam corpora facit nasci carnem, secundum quædam est corrosiuum: whych is thus mutch to say: One medicine in dyuers bodyes, hath dyuers effectes and operations. In one,by reason of the property of ỹ Body,it causeth flesh to grow: the same in some other is waistyng,and tyght abstersyue,specially,if the body be soft and fyne. Wherefore thys is inferred,that oyntments should be made,according as the Complexion of the member shal require. And this sentence toucheth the fyne speached Cornelius Celsus,our dearling,saying: Ignorari non oportet quod non omnibus ægris eadem auxilia conferunt: Wherefore,be you wise and circumspect in your confections,least it be your chaunce,to fall into the Noddyes had I wist. Now as touchinge the Judgement of Sanies, that Sanies shall bee called good, as Auicen sayth, whych is whyte, smoothe, and lyke in euery part: whych sentence he borowed of Hippocrates the Diuyne Physicion,in hys booke of Prognosticacions,where he saith,Ea putredo laudatur, &c. Whyte Sanies is praysed, whych is lyke ouer all,egall in the vtter face, and not ill fauoured,the contrary is most euill. Now if ye wyl know why Sanies should haue these properties, reade Auicen in the Chap. concerning the iudgement of Sanies,where ye fynde euen your fill,of causes shewed of the sayd property, whych ye may seeke at hys handes,and not now at myne, for it would draw vs farder from our purpose. Bee may also haue respect to Galen, vppon the fyrst of the Prognosticacions: where yee shall reade certayne diuine thyngs,for the perfite attaynment of thys matter. Bee haue now sufficiently heard what Sanies is, whereof it commeth, and of what sort it is. Now we wil ioyne hereunto,the cure of a sanious vlcer.

Auicen.

C. Celsus.

Sanious matter.

Soarenesse.

Speake now of vlcers, I pray you, that I and my soare brethren,may perceyue them playnly.

Chirurgi.

Two sundry sortes of Vlcers.

Wherefore,for your better vnderstanding,yee shall note, that there be two sortes of vlcers: Whereof some bee simple,and some be compounde. I meane not,that they be simple absolutely,but simple,after some maner of simplicity. For why, their being is of an euill Complexion, breach of cõtinuance,& somtyme composicion,also with a concourse of euil qualities. But I say,they be simple, so farforth as they be opposite to vlcers,where accidẽts be founde,letting the true ensounding of vlcers. For here we call them cõpounde,whych haue such accidents. Wherefore, when I name a sanious vlcer,as we reckon the matter,ye shal vnderstand it,of that whych is fully voyde & cleere of the sayd accidents,notwythstanding it be tangled,wyth

some doublenes and composicion. Therefore we wyll speake fyrst of a simple vlcer, which is in the playne: and then of a simple depreſt, or hollowed, whych done, wee shall in lyke maner and order treate of the compounded, from whych kynde, the almyghty and mercifull God, preserue vs all.

Vlcers hoat colde, and byting.

And fyrst we note, that all vlcers in that and as farforth as they be Vlcers, require dyeing in theyr cure: whereof there be two kyndes, the one hoat, and the other colde. Agayne, some be wyth mordicacion and byting, and some wythout. All be byting, whych in a certayne degree of heate, be dry of complexion, which is because heate is yoked, and coupled felowshipped wyth drought, as Aristotle most learnedly fyrst taught, as ye may reade in hys bookes of Generacion, and Corrupcion. And he sayth thus, concerning the mixture of elementes: If the coldnesse of the earth, were chaunged to heate, it might no longer be named earth, but fyre. He sayth furder, if the drought of the same, were chaunged to moysture, it should lose ẏ name of earth, and be called water. Whereof it followeth, that thinges so dryed, in case they be found wyth lyke Qualityes, they wyll not only waste and gnawe, but also burne, when they be applyed. And thys do the qualities of the fyre, and Mercury Sublimated apartly shewe. Neuertheless, the one shall be so mutch the lesse of mordicacion or freting, as hys qualityes shall more be oppressed in it, than in the other. And therefore, be you somewhat the wyser, in chooſing of your simples, least ye take one for an other. Now to the intent ye may the rather eschue thys foule errour, I wyll gyue you the difference of exiccatiues, or dryeng Simples, whych we vse in Vlcers. For by the knowledge of them, ye shall soone come to the cure of Vlcers.

Of exiccatiues.

These exiccatiues be colde: The three kyndes of Saũders, Myrabolanes, Terra sigillata, Dragons bloude, Bole Armoniacke, Tutia, Camphire, Ceruse, Litharge, Vermilion, Sinaper, red Corall, Gum Arabicke: these bee hoat, and wythout byting or gnawing: Aloes epatik. Myrrhe, Sarcocol vnholed Galles. &c. Hoat wyth byting and mordicacion: Verdigreace, Alum. &c. Of these ye may make Medicines to the purpose, for all kynde of vlcers, so ye know perfitly ẏ property and working of them: ye shall know whether the vlcer be hoat or no, by hys edges. For if he be reddish in ẏ edges, it declareth heate: as also, if the flesh be remisse red, and hoat in feeling, whych may be rectified wt̃ Vnguentum Album, made after this maner.

To know whether vlcers be hoat or colde.

℞. Oyle of Roses. ʒ. vj. Weathers fat. ʒ. iiij Marow of the huccle bones of Kyne. ʒ. ij. whyte Ware. ʒ. i. ß. Ceruse. ʒ. iij ß. Camphory. ʒ. iij. making it to an oyntment, according to the arte, whych ye shall apply vpon ẏ vlcers, when ye haue first cast in thys pouder, in the soare. ℞. Of all the Myrabolans, of Terra sigillata, of red Corall. ana. ʒ. j. of Ceruse. ʒ. ij. of Roch Alum brent. ʒ. j. of Creuishe shelles. ʒ. j. stampe all these togeather as small as Sand, whych couer, as I sayde wyth the oyntment abouede scribed. But if the flesh be so mutch ouergrowne, ẏ the lyppes do appeare vpon it, ye shal vse Vnguentum Apostolorum for ẏ correction thereof, obseruing alway warely, that the vlcer be not inflamed agayne. For some complexions be so tender & soft, that they wyll be altered almost at ẏ name thereof, as I saw my selfe in a Citizen of London, whose name I omit, because he hath bin vnkynde to our Arte. When I perceyue any such cõplexion as he was of, I

Vnguentum Album.

order

oꝛder my rectificatiue, with ſutch cautell, that it ſhall both comfoꝛt & rectify. After thys ſoꝛt. ℞. of Dyle Roſed. ʒ. iiij. of Dyle Myꝛtine. ʒ. i. ß. of Beane flower. ʒ. iij. of pouder of Roſes, Myꝛtils, and Cypꝛeſſe Nuts, ana. ʒ. ij. of Acatia. ʒ. ij. of Bole Armoniacke, of Terra ſigillata, ana. ʒ. i. of newe Waxe. q. ß. and ſo make thereof a defenſiue, betweene hard and ſofte. And thys at two applicacions, wyth Vnguentum Apoſtolorum wyll rectify the member, and make the Vlcer ready to a Cicatrice. Thus cured Jhon Backter, the learned Chirurgian, ſutch vlcers in a moneth, where other, whom yee know, had them in hand a yeare and moꝛe. Now when the fleſhe is ſuppꝛeſſed, & ye purpoſe to ſkin the vlcer, it is moſt expedient, ye vſe thys Lotion. ℞. Of good cleere Wyne, one cup full, of red Roſes. M. ß. of Roſed Hony ſtrayned. ʒ. ß. of roche Alum. ʒ. iij. and as mutch Saffron, as ſhalbe able to colour the Wyne, and ſeeth all theſe togeather, till the Alum be melted, and then moyſt the Vlcer wyth this Lyquoꝛe, being luke warme: And mayntayne it, as ſoone as it may be, dꝛy the vlcer agayne, wyth a fyne Linnen cloth, that none of the lyquoꝛe remayne there. Foꝛ it will cauſe matter and coꝛruption, as it befell vnder hys handes, who is my ſwoꝛne Enemy. Foꝛ whyles he laboured to ſkyn the ſoare, as I did, euen wyth the ſame Medicine, he cauſed hollowneſſe in an vlcer. Now when ye haue ſo moyſted ỹ vlcer, as is ſayd, lay yet a little cotten in the Vlcer, that the moyſture, in caſe any remayne, be fully dꝛyed vp. Applying vppon the ſame thys Oyntment, whych is very effectuall in woꝛking of a Cicatrice.

To make thys ſkin whole.

How to make a Cicatrice.

℞. of Dyle of Roſes, and Myrt. ana. ʒ. i. ß. of Vermilion. ʒ. ij. and ſeethe them together, till they get a very blacke hugh, and ſo ſhall yee fynyſhe the cure. Lo, heere haue you the cure of a ſanious playne vlcer. Now wyll we to the hollowe, whereof yee ſhall receyue, large gyftes and rewardes, if yee handle your ſelfe well, in the reforꝛmacion of humours, that fall to the place yee knowe that ſharpe Humoures, wyll pꝛoperly freate, and conſume the Fleſhe newly growen, and let the growinge of the ſame, wherewyth the hollowneſſe of the Vlcer, ſhould be filled and reſtoꝛed. Foꝛ the reforꝛmacion hereof, ſhall followe thꝛee intencions. The fyꝛſt muſt be to oꝛder the lyfe, wyth conuenable regiment. The ſeconde to keepe of matter, whych appꝛocheth thither. And the thyꝛd, to cauſe newe Fleſhe to growe, wyth the ſkinning of it. The fyꝛſt is had by oꝛdering of the ſoare thynges, called not naturall, and chyefly wyth Dyet, whych muſt bee wholly bent, to the contrary of the humours and qualities, whych feede the ſoare. The repulſe of humours may be wꝛought two wayes: eyther wyth competent Purgacion, oꝛ wyth ſome vnctions and cataplaſmes, whych comfoꝛt, and put of, as will the defenſiue aboue oꝛdered. Fleſhe is cauſed to growe two wayes, by letting of the contraries, and by applying of duſtes and Oyntments, being of lyke qualities. The duſt muſt bee made, by mynglìng of the exiccatiues aboue reherſed, whych ye muſt indoſate, accoꝛdinge to your neede. But if yee delight moꝛe in Oyntments, ye may make that, after thys maner.

Thꝛee ſundꝛy intencions.
Of regiment.
Of matter.
Of growing.

℞. Of the cleareſt Terebintine. ʒ. ij. of Hony roſed and ſtrayned. ʒ. i. ß. of Plantayne water. ʒ. iij. let them ſeethe, till the water be waſted, and put thereto of Barly and Beane meale. ana. ʒ. ij. of Frankencenſe. ʒ. i. wyth a

In incarnatiue.

little Saffron. And so thys wyll be an incarnatiue, wyth some sturring, whych ye must couer with Vnguentum Albū, aboue described. Besides this, the defensiue there ordered, must be noynted about in ỹ circuite, that it be not inflamed to heate agayne. Now if the flesshe growe to fast, it wyll bee suppressed wyth Vnguentum Apostolorum, applied once, or twyce, or more if neede requyre. And when that is come to equality wyth the Edges, then finish your cure, as it was sayd aboue, in a plaine vlcer. There be other feates and Engines, whych cannot be wrytten but are left to Chirurgians estimacions. For somewhyle one quality, somewhiles an other, frouneth or flattereth, and must be ruled now hether, now thether, as a Sheepe amongest Wolues. Of whych poynct complayneth Auicen, in the entraunce of his worke, saying: The tradicion of Phisicke, contayneth lesse, than is necessary for the Phisicion. For the ouerplus, whych is left to their iudgement & estimation, may not be expressed, and put in wryting. Wherefore, to th'entent yee may get thys Judgement in thinges, left to Estimacion, yee must not lothe, nor be hygh in the instep, to see other expert Mens Woorke. For there by, wyth dyligent aduertence, yee shall assuredly gather iudgement, & be ascertayned in your inuencions. Now for asmutch, as wee haue gieuen you the taste, in a hoat sanious vlcer, we wyll venter (I hope luckely) the cure of the colde, obseruing the same maner and order, whych wee vsed tofore in the hoat Vlcer.

To abate proude flesshe.

Auicen.

Now, when a sanious cold vlcer, cōmeth to our handes (which thing may easely be perceyued by the Eye: for the flesh wyll be remisse whyte, or wan, notwithstāding, ỹ somtime dim palenes cometh to an vlcer, through bloud, running wyth choler: it is also perceyued wyth feeling of the hande) now then when sutch vlcers, I say, come to your hands, ye shall not depart in any poynct from the order, whych before was discribed. Neuertheless, wee say for certayne, ỹ theyr remedies as farre differ one from the other, as the vlcers in heate & colde. And here we wyll begin wyth the defensiue, whych offereth it selfe, fyrst in the cure, where our composicion was thus.

Colde Vlcer.

℞. Of oyle of Camomell, and Mirte, ana. ʒ. ij, pouder of Camomell and Melilot. ana. ʒ. ij. pouder of red Roses, Myrtilles, and Cypresse nuttes. ana. ʒ. i. ß. of Barly and Beane meale. ʒ. ii. of new Ware. q. ß. and so make the defensiue, betwene hard and soft, wherewyth anoynt the circute of the vlcer. ℞. Of Aloes, Myrrhe, Sarcocol. ana. ʒ. ß. of Frankensence. ʒ. ij. of Dragons bloud, and flowers of Pomegranets, ana. ʒ. iii. of Saffron. ə. i. and make a pouder of all these, couering it afterwarde wyth thys Oyntment following.

℞ defensiue.

℞. Of Oyle of Roses. ʒ. ij. of oyle of Camomell, and Mirte. ana. ʒ. iij. of Weathers fat. ʒ. iiij. of Hennes grease. ʒ. i. of Marow of the Cowe & Hart. ana. ʒ. i. ß. of Litharge. ʒ. ij. of Ceruse. ʒ. i. seeth them, till they be blacke, & then put thereto of cleere Terebintine. ʒ. i. ß. of Shyp Pytch. ʒ. i. of new Ware. ij. ʒ. and let them seeth a little agayne: and when ye haue taken thē of from the fyre, stire them still, vnto sutch tyme, as it be congeled & fyrme, otherwyse, the Mineralls wyll fall to the bottome in a residence. Thys Oynt-

℞ sanattiue.

Oyntment is Vnguentum Baſilicum, after our deſcripcion and entent. Now in caſe the Fleſhe appeere ſoggy and fattiſhe, then Vnguentum Apoſtolorum, ſhalbe neceſſary to dry it. For that wythout queſtion, will bryng it to equality of enſounding. And then yee may fynyſhe your cure, and skin the ſame wyth the lotion aboue ordered.

Now in as mutch, as we be at poynct wyth the Simples: or right and congruent, we muſt lay a foundacion for the Compounde, ſo that we may lyke workemen, builde in the humayne body, or repayre ruinous and decaied places, and prop vp ſutch as are lyke to fall. Wherefore, once agayne remember the accidentes, before mencioned, to the intent we may be able to redreſſe, and amende them one by one. For where thys may not be obtayned, we ſhall to our reproch, be kept from the true enſounding of the Vlcer. And therefore we purpoſe, to proſecute the amendment of them in their order accordyngly. Now when a compounded Vlcer is offered vs, let vs looke what accidentes be concurrant, hindering ỳ enſounding. For if many maladies or accidentes, were founde in it, we muſt begin at ỳ, which doth moſt comber the vlcer, as Auicen ſayth: if we will cure a malady, where diuers accidents be concurrant, wee muſt begin at that, whych hath one of theſe three properties, Vna earum eſt q alia ſanari non poteſt antequam ipſa ſanetur vt apoſtema, &c. The one is, where the accident is ſutch, that if it be not firſt cured, the vlcer may not be cured, as apoſtumacion ioyned wyth an vlcer. For in thys caſe ſayth hee, we followe the apoſtumacion, vnto ſutch tyme as the malice of the complexion be diſplaced, and then we followe the cure of the pryncipall. Wherefore, to followe and obſerue the Canons, accordingly: we ſhall order pryncipally our intencions, ſo that we fyrſt take in hande the accident, whych ſhall chiefely comber and moleſt the Paciente and vs in the cure. And the fyrſt of theſe intencions ſhall be, to order the Pacientes lyfe conuenyently. Nert to purge the faulty humour, according to the exigente thereof. Thirdly, to amende the malicioufneſſe of the quality, in the Vlcer. Thys laſt ſhall be deuyded yet agayne, according to the diſpoſicion of the Vlcer, requiring dyuers intencions. Now as touchinge the order of lyfe, you may by your owne iudgement conſider, what is to bee done therein: partly by hys regiment before tyme, and partely in hys ſyckeneſſe tyme, turning hys Dyet to the contrary quality. As thus: if he vſed a colde regiment before, vſe hym to hoat, ſo if dry, moyſty, but doe it moderately, and by little and little. For nature cannot away wyth ſodayne chaunges: Howbeit thys is not ſeene lyghtly in humours, wythout longe vſe of contraryes in Foodes. Wee ſhall knowe to purge the humours, by the ſhewing of the ſycke Water, in two poynctes, that is, by the colour & ſubſtaunce: whereunto is added the reſidence, wyth hys qualities, mutch or little. And by the ſygnification of theſe well conſidered, wee may try out all the ſycke perſons complexion.

A good fonnedation.

In healinges compounde vlcer, marke the accidentes concurrant.

Fyrſt handle the accidentes in a cure, and note three thynges.

Regimente of lyfe.

Of vrine conſidered, in euery ſicke or ſoare man.

For if the Vryne ſhall bee thycke in Subſtaunce, and red in colour: it meaneth that bloud ruleth ỳ man. If it be thin of Subſtaunce, and red of

colour: doubt not, but choler hath the preheminence. But if it bee thicke in substaunce, and whyte of colour, then fleume hath the maistrie: as if ỳ substaunce be thynne, and colour whyte, melancholy. Now of, and by the residence, ye shall perceiue the tyme to gyue pocions, and purgacions: for wheir that begynneth to appeare, it sheweth digestion of the humours to be purged. But there be also refractions of colours, and eleuations, and depressions of residences, whych signyfy the denomination and Seruyce, of the Naturall Heate, and wastyng of the radycall Moysture: whych thynges. now are not to bee prosecuted, because thys matter partayneth to a Physicion, whereof if God gyue me Lyfe, I purpose to treate at conuenyent leysure: now let thys be suffycient for the cure of an Ulcer. If yee wyll knowe howe an Humour shall bee purged, reade Leonardus Fuchsius who teacheth to purge, accordyng to the fault of the Humour. Other haue at hand, Mayster Vygoes Booke of Chirurgi, where ye shall finde, euen to the full, how to purge an Humour For if I woulde distemper Pocyons, make Mixselles, and myngle pylles, I shoulde bee troublesome vnto you, or yee myght hyt mee in the Teeth wyth the Pyncerbe: yee sette the Carte before the Horsse: For my Communication should bee vnsauery, as it fareth wyth a Guest, whych regardeth not delycate Juncates, beyng fylled before. And therefore, leauyng these thynges to you as knowen, I wyll passe to the amendyng, of ỳ Malyciousnesse of an Ulcer, when we apply coole to ỳ hoat, & hoat to ỳ colde. Likewyse, if ỳ Ulcer be moisty applying dry: if dry, applying moysty Medicines. We shall restrayne hys Malyce by digestion, Mundyficacion, corrosyon, incision, and also burnyng and mollifying, as it shall please the Woorke man. But when, and how, these meanes shall bee put in vre, that shall wee shew, when wee goe aboute to displace the accydents of Ulcers. All whych thyngs we doe orderly, omittyng the former matters, for a time, because trouble hath preuented me.

Of radicall moysture.

Apply contraries.

We haue entreated before suffyciently of bleeding, comming of a cause primatiue, from whence yee must fetch hither, such thinges as there were spoken. For it were superfluous, to speake more of the matter in this place. Wherefore, being at poinct with that accident, I wyl make forth to the rest, and speake no more of this. The like would I do with superfluous flesh, if I had rehersed the cause of it, when we speake of a sanious Ulcer. The cause of superfluous flesh, is to mutch moisture and vncleane mundyficacion, as Auicen thinketh, in the Chapiter of Ulcers. sayinge: In some Ulcers groweth superfluous flesh, and in some it groweth not. And the Ulcers where it groweth, be they in the which, to mutch haste is made, in the repaire of flesh, before complete mundification. Wherefore take you heede, that yee proceede not to farre, in moistyng of the Flesh. And as for remedyes, the matter is playne, for that we know the cause: but remember that ye quicken or delaie, in drought and corrosion, the medicine, according as the matter shall require, and as the Flesh shall bee more or lesse swelled vp wyth foggie Fat. We haue seene that thys kinde of maladies, hath not felte, nor forsed of other remedies, and hath required an actually

The cause of superfluous flesh.

actually cautery. If this happen vnder your hands,if easy remedies profit not(of whych sort be Vnguentum Apostolorum,& Ægyptiacum,take a corosyue pouder,& brent Alum)feare not to dry it wyth an hoat Iron also. And if ye shal so do,& a blisterous crust be risen: ye may displace it,as we shewed before in our treatise of apostumacions,& then returne to the cure agayne.

If hard and discouered lyppes, be found in an vlcer, letting the ensounding,set all your cure, vpon the displacing of that euill: omitting no time or howre. For if we do the contrary,we shal in the hast labour in vayne,& afterward be compelled,to giue ouer the purpose,& take that in hand at latter cast. Therefore to spend no tyme in vayne, begin wyth the shearing or cutting of, of the lippes. We shall cut them of by little, and little, wythout causing of great dolour,if ye apply this pouder, here beneath ordered. For Auicen sayth,we should neuer cause dolour in an vlcer, vnlesse we be constrayned to it of necessity,wyych is, where gentle medicines serue not,and he did not this wythout foresight. For he was well ware,as a forecasting man, that there would come after hym, wyych would bee more lykely, to subuert mankinde, than to preserue: wyych would boast themselues of ỹ, that they would imitate no rules of Phisick in theyr works: but followe rather ỹ frantike & pestilent saying, of certayne counterfayts of our tyme, wyych haue this in theyr mouthes,and haue brought it to a common Prouerb to,saying: that a wounde wyll breede wormes, vnder a gentil Physicions hand. As though ignorãt & Bocherly cruelty of ỹ Physicion,should be cause of health. I speake of the cruelty,wyych blynde boosardes do vse, wyth all counterfayt boldnes,& coloured diligence, in euery little felon, to theintent,they may thereby win the name of learned, and expert Chirurgians: and not a whit of necessary sharpneſſe, whereunto wee be induced, both by ỹ rules,& autenticall counsayle of learned Phisicions, and sweete persuasions of Poets. For thys sayth the fyne wytted,and eloquent *Naso*, Immedicabile vulnus, est recidendum.&c. Where the woũde is vncurable,saith he,it must be shorne of,that ỹ whole be not infected wythal. Agayne Iuuenal wyth his Satyricall tricke,one Grape draweth colour of an other,onely by reason of theyr aspect, as one Measelled Hogge, measelleth the whole Herde. Virgill also is wyth vs at our Elbowe,saying: Culpam ferro compescite. &c. Appease,sayth he,the fault out of hand,wyth the swoorde, or euer ỹ cursed infection,go farther among the people. Wherefore, when yee shall chaunce vppon sutch cures,do that wyych shal appertayn to the preseruacion of the Pacient,wythout all white lyuered womanlyke feeblenes. And if ye so bolde your selfe,& worke accordingly, the matter well considered, ye shall not be called vnmylde & cruell, but prouident, & mercifull: notwythstanding ỹ blustering blames of your Aduersaries,because ye haue saued, and not destroyed your Pacient. For doubtlesse, many soares will not be mended,wythout ỹ Knyfe,as Cankers,& others, as Cornelius Celsus sheweth in hys bookes,of hand working. We haue now run out of our Race, occasioned by blynd Chirurgians,howbeit,we haue found nothing to mutch, theyr desertes well considered. For who could be so patient to heare them, and would not ware hoat in the cause, namely, being exasperated day by day, of sutch Men? For they cannot see the good lyue in quiete by theym, but they

Auicens prouidence.

Soft Chirurgians make foule soares. yet Buccherly mangiers, marre all together.

Quid, a good note.

Example.

Good counsayle.

How bold the Chirurgian should be in cure.
C. Celsus.

but they lye in wayte for them, wythall indeuoured mischiefe. Well, I relinquishe thys, least I should seeme, to be delighted in reprehension of men, where my mynde is far distant, from that path of wryting. Wherefore, let them go play'them: we wyll repayre to our pouder, whych ye shal put on the euill fauoured lyppes of woundes or soares, whych is thys. ℞. Of Citrine Mirabolaynes. ʒ. ß. of red Corall ʒ ß. of vnhoted Galles. ʒ. i. of Dragons bloud, of Terra sigillata, and Ceruse. ana. ʒ. ij. Verdigreece. ʒ ij. of Roch Alum brent. ʒ. i Sarcocoll, Myrrhe, Frankencense, Mastike, ana. ʒ. i. ß. mingle them all, and pouder finely as Alcocoll, vppon the whych, yee shall apply Vnguentum Basilicum, after the description in the cure of a colde vlcer. And thus must you proceede, vntill the accident be remooued, which don, prosecute the cure, as is aboue prescribed. And in case the pouder, by reaſō of hys weakneſſe, speede not well the matter, yee may go to stronger Medicines. Whereof thys is the fyrste. ℞ Of oyle of Roses. ʒ. iij. Weathers fat. ʒ. ij. Marrowe of the Huccle bone of a Cowe. ʒ. i. water wherein sublimatum hath bene melted. ʒ. i. seeth them softly together, vnto the tyme the water be wasted, and then put thereto. ʒ. i. of Ceruse, and seeth them agayne a little, when it is taken from the fire, ye must stir it, till it be thick. Thys must be spread on a peece of cloth, and layd on the soare, and peraduenture, yee shall dispatch the matter wyth thys: If not, take this in hand and wythout doubt, ye shall win the castell. But yet be ye hereof warned before hand, that it be not applyed in any sinuie place, least whyle yee seeke freedome, ye fall into bondage. As it befell in my frend, when hee woulde bicker wyth the lyke vlcer, in a Womans foote where he could neuer win the matter, though he left no stone vnturned. Neuertheleſſe, if ye be constrayned thereto, by any necessity, or euer ye apply this, ye shall first vse an vniuersall Purgacion, of the whole Body, and also a comfortatyue to the Nuke, least haply there aryse any Pestilēt fumes, ready to cause a conuulsion, or Spasme: and when ye haue so done, proceede forth to ỹ locall medicines, whych may be thus, which is most excellent good.

A good pouder.

℞. Ceruse, Vermilion, Sublimatum, ana. ʒ. iij. mingle them, and pouder them fyneiy, whereof ye shall sprinkle, so mutch in the vlcer, as is able (if I may so speake) salt the part, which shalbe remooued: and incontinent, couer it wyth thys plaster, whych shall make for the appeasing of dolour, & remooving of the escharous crust. ℞. leaues of Mallowes, Violets, and Lettice. ana. M. i. seeth them together in Mutto broath of the Weather, & afterwardes stamp them putting thereto. l'i. ß. of Barly meale, of oyle of Roses complet. ʒ. ij. of Butter. ʒ. iij. and Volkes of three Egges: wyth whych plaster ye must proceede till the crust be taken of, and then ye may prosecute the cure wyth digestiues, Absterſiues, and Incarnatiues, as yee were informed afore. If ye worke after this sorte, and wyth these remedyes, according as they haue bene declared, ye shall win your Spurres, in such cures, and great frendship also. Now in asmutch, as we be wel trained in thys, let vs come neerer the accident of dolorous payne, to see howe wee can rid our handes of that also. For why, thys is now and then so extreme, cruell and sharp, that it doth not only exclude the cure of vlcers, but vtterly

To remoue an escharous crab or crust.

vtterly interdite and ſuſpend almoſt, all the vertues, as well naturall as animall, and ſpirituall. Wherefore of very rygh. wee muſt put our helping hand to this alſo.

For as mutch then, as Dolour is as it were a cupping glaſſe, in drawing matter vnto the place, the writers haue vſed mutch diligence, in appeaſing of it, conſidering the accidẽtes, whych may inſue therupon, as ouerthrow of the vertue naturall, fayling of ſpirites, and contractions of ſynewes. All whych accidentes are perilous, & to bee doubted in all maladies. Wherefore, to the intent men may eſchue thys by a rule: they learne men knowledge, in their publicated workes, that it proceedeth of two cauſes, that is, of the breach of continuaunce, and alteration of qualityes. As Galen ſayth, Dolours where as they be, declare breach of continuaunce, or ſodayne alteracion of qualitypes: the contynuaunce may be broken four wayes, by inciſion, corroſion, breaking, and ſtretching, as in apoſtumation. Alteracion is by heat and cold, moyſture, drought, and other ſutch lyke. Note, what dyligence they tooke, to fynde the cauſes of dolour. Now if dolour aryſe, by meanes of inciſion, as in woũdes: the fyrſt way to appeaſe it, is to ſewe it, and next to anoynt hoat oyle Omphacine in the edges and circuit of the wounde. And thys muſt be don, not once or twyce, but continually, til it be appeaſed in a great part. If it come to corroſion, whych accident, properly pertayneth to an vlcer, it muſt be remooued alſo, if we entende to cure the vlcer. But here note, that there be two cauſes of the matter, a proper, and a depending: the proper cauſe is, a certayne malignity, or ſhrewdneſſe in the fleſhe, whych our men call, proprietas occulta, the ſecret property. The cauſe dependinge is nought els, but euill humours, whych fret and eate out the fleſhe when they come to the conuinct, as doth Choler, myxt wyth Salt Flegme. And certaynly, thys latter ſhall haue neede of euacuation wyth Caſſia, Manna, Diacatholicon, and other lyke purgations. But as for the former, it ſhall be ruled after an other order, euen by comforting of the edges of the vlcer, wyth defenſiues, able to cheriſhe and feede the complexion of the fleſh, and with the ſtrong ponder, Præcipitatus, caſt in the vlcer whoſe deſcription ye ſhal finde, at the end of the treatiſes. If it come by breaking, it is eaſed by ſetting of the bones, and competent bynding, and ſituacion of the member. For albeit, the breach be neuer ſo wel reſtored, and ſet in place: there wyll be yet diſcontinuaunce, if it be vntowardly ſet to reſt. And as for the ſetting of Bone, yee ſhall learne at other Mens handes: For their Bookes are repleniſhed, wyth preceptes & rules for the purpoſe, ſpecially Galen. &c.

Example.

Breach of cõtinuaunce or hurting of the whole mẽber.

Alteration, what it is.

Of dolour.

Two cauſes of matter.

But if alteracion come of extenſion, or ſtretching, as it is in apoſtumacions, mollificatiue Medicines ſhall be beſt, to prepare the matter to come forth: And Auicen ſendeth vs to ſutch appeaſementes, ſaying, the vehemẽcy alſo of Dolour, cauſeth vs of neceſſity, to vſe mollificatiues, or ſoftning Medicines. But of truth my Friende, if it grewe through alteracion of the Subſtaunce, the matter muſt be redreſſed by the contrary Qualities. For Example. If an Vlcer bee dyſtempered wyth heate (whych is percey-

Alteracion of extenſion.

When to vse contrarye̅s in healing.

percepued by redneſſe in the cercuite) it is redreſſed by a colde Oyntment. And if the ſubſtaunce be-falen to cold, Vnguentum Raſum, or ſome lyke will qualify the matter ſoone If it be engendred with drought, moyſture then wyll pacify all the greyfe. Agayne, if it be diſquieted wyth to mutch moyſture, drought of an oyntment, plaſter or duſt, wil diſpatch it. To be ſhort, if we worke after thys maner, we ſhall diſcomfite al maner dolours, cauſed through exceſſe of one quality, aboue an other. Thus ſhall wee wyth proper medicins, ſuccor the humayne lyfe of mankynde, ſpecially when we attayne to the cauſe of the malady, neyther ſhall begge remedyes, as doe theſe Dogleaches, whych would be called Practicians, a Gods name, and wot not what practice is. For they do as chyldren do in their playes, which when they lyſt to haue ſome ſporte, apoynct ſome Marke, and ſtanding a little of, blindfilde, wherle themſelues about once or twyce on theyr foote, and then geſſe to the Marke at al aduenture, in whych groppyng, they are found at laſt, when they thynke themſelues ſure of it, further of then they were, where they ſtoode at fyrſt. Euen ſo fareth it with theſe groping practicians: for why? they be not able to diſtynct, neyther tymes of ſickneſſe, neyther know the cauſes of them, or properties of oyntments, as he who bare men in hand, wyth grauity of words, that he was a practician: and when one demaunded, what quality Vnguentum Roſarum had, he aunſwered with great deliberacion, a Gods name, hoat, yea Mary ſir qᵗ the other a worthy aunſweare for ſutch a practician. Wherefore I exhort you to caſt away all Sluggardy, and negligence, that yee may attayne to the knowledge, as well of Simples as of compoundes, and ſtumble not at matters as they doe. Yee haue the cauſes, and cure of dolour: now we wyll go to an apoſtumacion, as the order requireth.

Example.

Apoſtumatiō concurrant with an vlcer

Now, as touching apoſtumacion, concurrant wyth vlcers, what ſhould I ſay, ſithen we haue largely ſayd in the matter. when we ſpake of Apoſtumacions? But yet to help them that be tangled herein: we wyll talke a little more of it, and put ſomewhat to the enlargyng of our medicines, declared before. Then when an vlcer is thus entangled, ye muſt vſe the remedyes, appoynted properly for Apoſtumacions. But in caſe they ſhall not ſuffice, vſe thys, wherein yee ſhall fynde ſutch profit, that for certayne, yee ſhall maruayle not a little at it. But firſt conſider, whether the vlcer be vered wyth an hoat or cold apoſtumaciō. For at that diuerſity, wyll folow ẏ diuerſity of making of the Medicine. If it be hoat, apply thys. ℞. Leaues of Mallowes and Vyolets, ana. M. ſ. of hulled Beanes. l'i. ij. ſeeth them al together, vntill the Beanes be ſoft, whych don, ſtampe them: and if it bee requiſite, to put any Dyle to the ſame, put a little Roſed Omphacine, and afterward ſpred it on a cloth, and lay it to the apoſtumacion, for thys wyll apeaſe and reſolue. But if the apoſtumation be cold yee ſhall take the ſame plaſter agayne, howbeit ye ſhall ſearch, & make it otherwyſe. ℞. Of Mallowe leaues. M. ij. hulled Beanes. l'i. ij. of Barbers Lye. q. ſ. and ſeethe them well, after ſtampe them, and apply it to the place. Certaynely, thys wyll worke moſt aptly, for our purpoſe. But note heere, I pray you, that thys plaſter may be rectified in our working, according as the Lee ſhall be

Hoat and cold apoſtumacions.

mylde

mylde or sharpe. Thus haue ye ynough,for the displacyng of this accidente, yf ye remember the sethings,with the other aboue.Wherfore we will now talke,of hardnesse of vlcers.

Euery good Phisition,my frende,willing to cure his paciente rightlye, wil appoynt himselfe twoo principall intentions,that is, to preserue,and to cure.The fyrst searcheth for the causes, the other imagineth wayes to displace theffect therof. Therfore to the intent we maye be able to remoue this cause,and withstande the effect,let vs see how many causes hardnesse hath. When I was geuen to reade *Chirurgi*,and delyted in the antique bokes, I fel bechaunce vppon Galens fyrst booke.De simplicium medicamentorũ, where I noted him, to put three causes of hardnes. For it chaunceth, sayeth he,of to much drought of congelynge of matter, or els of fulnesse & repletion. If it come of drought, moysture wil ease it. And this must bee done with oyntmentes, plasters,and imbrocations,after the mynde of Auicen. Imbrocations be made with hoat water, and Mutton broth of the weather. Plasters may be of all thinges,as ye hard before. Now the oyntmentes be of Muscilages,and sometyme of Tripharmacon, as Mirepsus thinketh. Yow beit I suppose Myrepsus vsed it in hardnes,caused of frising,and not in drought.For I neuer saw Tripharmacon cause moisture,but in hardnes of cõgelacions or frising,it serueth wel,if it be made w̃ Vineger,which notably cutteth clammy and viscous humours. If it come of fulnesse,(as it is seene in Apostumations) euacuation helpeth the matter: as Hippocrates sayeth,sicknesses, which come of replecion or fulnesse,be cured by euacuation. Now if ye mynd to resolue it,let it fyrst be softned with some mollificatiue,and it wil the better vanish and transpire,the pores beyng opened with the mollificatiue.And if it fall to hardnes agayne,rype it agayn with the same medecine as Auicen wryteth in the cure of Apostumations,& then let it be resolued. As for the making of these medecines, ye must retourne to the treatise of apostumations, where ye shal fynd a special plaster made of Melilote,Sapa or newe wyne and lye,and an other of the decoction of Beanes,Wallowe leaues.&c.But as for the thyrd kind of hardnesse,parteineth to an vlcere,and for an end,if the hardnes wil not be amended by these meanes frete it with some corosiue, according to the maner, as it was prescribed in the correction of hard lippes in an vlcere.

Hardnes of an vlcer

To search the cause,and displace the effect

Three causes of hardnesse.

Imbrocation.

Now as concerning corrosiue,or gnawing in an vlcere, we would treat fo the ful therof,if we had not medled with the matter,when we were aboute the appeasyng of dolour,namely,for that that accident is much more combrous then any of the other,But yet in asmuch as we haue there geuen no remedyes,we wil here haue ỹ matter a little while in consideration agayne.Wee suppose then,that corosion is termed of that, that it with his sharpenesse,byting,and freting,resolueth,wasteth,and drieth vp the moistnes of the member,after which resolution, the substance of the flesh is minished, and so falleth to vlceration.Wherfore,according to our determination, there be two causes of this, the proper, and depending. And as for ỹ proper cause,it is as we sayd before, a certayne malignity,or fylthynes in ỹ flesh, which Phisitians call the secrete property. And for the displacyng of

Corosion or bytynge.

this, ye must consider the property of the member and then temper and correct it with defensiues, linimentes, and oyntmentes, made accordinge to your intention, as is that, which I made, respecting both complexion, and purpose, in the mallady, or euil.

A good liniment.

℞ Oyle of roses, Wirte, and Violet ana. ℥ i. ß. Bole Armoniacke, Terra sigillata, and Dragons blood. ana. ʒ. ii. Acatia ʒ. iii. pouder of Roses, Wirtilles, and Cipresse Nuttes ana. ℥ i. ß whyte ware ℥. ß. make hereof a liniment, according to the art, and annoynt the vicere and his circuite with the same. In case the hidraunce come of euil flesh, sprynkle this pouder on it, and ye shall dispatch the malignity. ℞ Of Citrine Myrobolanes, of Terra sigillata of Ceruse, ana ℥ iii. of prepared Tutia. ℥. i. ß. of Dragons blood ℥ ii. of bzente Alome. ℥. ii. mingle them and let it be a fyne pouder to be caste in the vlcer. Which ye shal couer with the same liniment, spreade in a cloth: or couer it ỹ Vnguentum album or Vnguentum de Minio. The cause depending, wee take it to be the antecedent, euen a Cholericke humoure, mixt with salt flegme, which gnaweth the flesh, when it commeth to the coniunct, or place. Now for the cure of this, we order two intentions, the one to kepe of humours, yet fleting, the other to discomfyte them, which be already flowinge. The fyrst may be done with Cassiafistula, Diacatholicon, Manna, or any like purgatiue. And administration of the dust and liniment which we ordered now, wil accomplish the other, how beit apply this oyntment folowing vppon ỹ pouder.

A consumer of Flesh.

Antecedent cõiunct.

℞ Oyle of Wirte, Roses,, and violets. ana. ℥. ii. Weathers fat. ℥. iii. Goats grease ℥. i. ß. iuice of Cole wortes. ℥. iii. seeth theym togeather till the iuice be dryed, and then put therto. ℥, iiii. of vermilion. ℥. iii of Ceruse, and ℥. ii. of Litharge, and play them agayne, til they become very blacke, stirrynge theym stil that the Mineralles fal not to the botome, and burne. This done, put yet thereto. ℥. i. of Terebintine. ℥. vi. of newe ware & make it to an oyntment betwene hard and soft, in lykenes of a Cerote. And this wil bryng the sore to a Cicatrice, and fil your had ful of money for your laboure.

To make a cicatrice.

Now rottennes and putrefaction followeth, whose description I wil rehearse to the intent ye may therby be assured of the Mallady. Putrefactiõ is when the dew breathyng of the spirite is inhibited and letted in a member, by whom the complexion should be mayntayned and defended. And whẽ this is corrupted, or els letted in his due passage, the moisture of that part is not ruled, and so doth the part putrify and rotte, as Aristole saith iiij. Metheo. Moysture and heate, not ruling the same, is cause of corruption at the fyrst meeting. But to say trueth mẽ thinketh it hath three causes in all. The fyrst corrupteth the vital spirite wt holding his due breathing & passage as doe stupefactiues or dead thinges, as Opium, and to coole repercussiues things letting passe, be grosse thycke and clammy humors, whiche by theire multitude, thicknes and toughnes, stop the priuy spiracles, & breathynge pores: and as touching thinges that inhibit, they be causes primitiue. As bruysyng, smiting, and bynding to strait, All these mortify a member, inhibityng his spirite and specially bynding, which I saw befall in a Manne of mutche honestye lyinge in the Hospitall of Sayncte Bartholomewes.

Of putrefaction or rottennesse.

He

He was pained of a push betwene his tooes:and when one,who ye know had opened it, there gushed forth so much blood that the Chirurgian thought it best to bynd the member,with a right strayt bond,wherupon the pacient dyed the nexte daye . Wherefore it is expediente, that yee be ware ye fall not into such lewed ouersightes , whereby ye should get the name of Bocherly manquellers, as he did,not without his desert. Marke here also that,that which corrupteth, may twoo wayes be considered. First as it appeareth,the way to putrefaction ,next putrefaction already caused. If ye consider it, in the fyrst respect,make youre recourse to the contrary causes: according to the saying of Hippocrates,sicknesses caused of repletion. bee dispatched by euacuation,which done,the effect is at a poynt,as Aristolle saith Remoue the cause,and the effect is remoued, But if ye take on putrifaction the second way , ye must put one the two eyes, which Galen ascrybed to a good Phisition. Wherof the right shal behold the cause,and left the effect; which is the putrifaction. The right shal vse contraryes to the least applyed .Oyntmentes and plasters,to repayre the putrefaction, whiche shalbee these,℞ Of Wertdegrece , of Rooch Alome,and of Hony, lyke partes,with a little Vineger,and haue it to the fyre, tyll the colour alter from greene, to red,which vse, spreadyng this ouer it.

How a pacient dyed by euil cure.

Hypocrates.

Remoue the cause,and the effect will cease.

Galen.

Take of Beane meale,of Barly,and Lupine meale.ana.li.ß.of Barbours lye.q.ß and seeth thē vnto such tyme, as they bee wel mingled togeather, like a past , which must be spred on a peece of cloth But note,if the rottēnes be so farre past,that it wil not be displaced with Vnguentum Egyptiacum,of equal partes , ye may vse this,which vndoubtedly wil dispatch it.Take of hony.ʒ iii.of Roch Alome & Wertdegrece ana.ʒ ii.of sublimatum. ʒ.iii incorporate them altogeather at the fyre, til they be sufficiently sodden, and lay it to the rotten place,and then the plaster appoynted before.And if ther be caused an eschara,remoue it with digestiues,made of Terebintyne,and yolkes of egges or w̄ Butter . It may also be remoued with a plaster which was geuen for Apostumatiō,opened w̄ a potencial cautery.when this is remoued,ỹ vlcer shal be cured,yas be woundes.Now ye se what is to be done in putrifaction,or fylthy sores.

To helpe putrifaction.

A good medecine.

Soarenes.

What say you of corrupted bones?

Chirurgi.

NOw to come to a corrupted bone,the sygnes of it must be noted,that ye may know,whether it be so or not.For it hath proper sygnes,to be kowenn by, as wel inwardlye as outwardly.The outward sygnes be dull, and looose flesh as *Auicen.* sayth. in the chapter De ventositatespinæ.

Of Bones which are corrupted. two thinges considered.

The signes inwardlye may not be seene with the eye, but be founde with the searcher.For if a man serch it wel, he shal not onely find it secretely frete,but also minished and abated in substaunce Wherfore if we fynd thys fault,and mynd to amend it,we shal aboue al things obserue two poyntes, one parteineth to the cure,the other to eschew reproach & infamy.

A good obseruation.

We shal auoyd infamy, if we refuse to meddle with the heads of great bones and toyntes. For if we would worke in such places, we shal be endaūgered of conuulsions, or some euil accidente, by reason of the fellowship and colligance, whice they haue with greate synewes, heads of cordes, & muskles: wherby we might be vtterly disgraced and shamed. as Auicen there declareth largely. And as for the cure (these causes eschewed) may be obteyned, specially if ỹ fault be in the middes of the arme or legge, bones, & rr edes with conuenient medecines. There be also certen kyndes of instrumentes which they cal Trapanes, and Raspatories, very mete for repairing of alterated and corrupted bones. Agayne Vnguentum Egyptiacum, made after Auicens description, shalbe good, how be it, ye shal make better speede, if ye vse an actual cautery, that is if ye burne it with an hot yron. Verily my selfe, whē I chaunced in such bones, did euer vse actuall cauteryes, because they comfort and rectify the weake member. Wherof there be two kyndes in especiall, the fyrst hat h this shape A. and the part is playne, which is applyed to the bone. C. the other is figured. R. Now in cauteryzing and burning, I vse this dilligence, to eschew inconuenience. I prepared an other instrument, like a fynger of a Gloue, with an hole in the middes, through which I put my cautery, to saue the flesh from burning, this vsed I in playne bones. The second was appoynted, which I vsed in holes, and hollow places. There may be inuented yet many other formes of instrumentes, for cauterizing of Bones, according as the worke and place shal requyre.

Auicen

These figures are in the end.

Now as touching the causes of bones corrupted, they be the accident and priuetiue: of which two the antecedent is the worse. For why the antecedent wil fester the bone, or euer the flesh be corrupted, for by reason of the cause primetiue, corrupt, and freting humours wil fleete to the bone, and frete it, which Auicen termeth Ventositas spinæ. Now how this may be knowen and cured, ye shal learne of him which wryteth a special treatise of it. For we mynd not to meddle with it, because it would draw vs farre from our purpose, by reason of the nomber of intentions. The primatiue cause is what soeuer befalleth from outfoorth, as bursynge, incision, alteration of ỹ ayre (I meane not of alteration of the ayre it selfe, but of alteration caused in the bone by the ayre, and the vse of some oyntmentes. And therfore consider you whether it come of a wound, or apostumacion, and so by dilligent calculation, shal ye come to the cause of the corruption. If it procede of apostumation, corrupt humours be the cause. If it come of a wound, then applications of oyntments, or accursaunce of hair haue done it. And if it come of a wonnde, then consider agayne whether any hole bone were cut of, or any bone minished, or els any part. Agayne there is no diffrence whether a bone were taken out violently, or expelled of nature, For Auicen sayth, a Fistula may be feared wher nature expelleth it. Wherefore if ye couete to knowe all these particuler causes and obseruations: peruse Auicen in that Chapter, where ye shal fynd al thinges to your ful contentation. This is sayd concerning corrupted bones. Now in asmuch as our tyme is so shorte by appoyntment, let vs goe forth to the rest of our communication.

Alteration of the aire.

Auicen.

Soarenes

I pray you,what is the cause of Uarices,and swellyng?

Chirurgi.

Offwellings the cause.

Uarices bee swelling vaynes in the legges,fylled with Melãcholyke blood.And these are bred diuersly, by stoppinge of the spleene.weakenes of the liuer,to much feding on meates that encrease Melancholye,longe standinge and waytinge before meate, wearinesse of footegate, and finallye bearyng of great burdens, as it is euident in them that vse it And this mallady is very hard to be redressed,and requireth many intentions and obseruations in the cure.The first is to order the life conuenientely. Melancholik metas. The.ii.to purge the humour.The thyrd is to apply conuenable, local medecines. Now the regement shal be to abstaine from meates, whiche brede Melancholy. As Beefe of the Ore,Bugle, and Cowe. All salte meates, Pulse, Colewortes, Water birdes Salt Cheese and grosse wine, with other lyke. The matter is purged with blood letynge,digestiues,and potions.Be shal take the blood of Basilica or the liuer veine,making a large gash and hole, that the grosse melancholyke blood,may passe and comforth And it will be the better,and more auapleable, a great deale if the pacient be exercised by going,or some other way before, so that the humours bee well mingled togeather. After ỹ Bloudletting,these syrupes must follow syrupe of Epythimum & of Fumiterre,and then a purgatiõ of pilles De fumo terræ,or Cappers.All which ye shal your self better indosate accordyng to ỹ pacients state then I here make farther mẽtion therof.This is spoken in respect of ỹ accident,which if ye mynd to cure wel,apply it to the principal intention in the cure. Now as touching the localles, and matter coniuncte: when yee will cure swellynge vaines, fyrst vse an vniuersal purgation, of the whole body, and then come to the particulare intentions,which comprehend thre considerations.The fyrst putteth offletyng matter. The second remoueth that which is fleeten.The third comforteth the veines,strayneth them togeather,and resolueth congeled blood,yee shal kepe offleeting matter with Defensiues, applyed vnder the knee,whiche may be such.

Fyrst to the whole,then to ỹ particuler

A defensiue vnder ỹ knee.

℞. Bole Armoniacke, and clay,an.ʒ.iii.Dragons blood. ʒ.i. Terra sigilata.ʒ. iii.make them in fyne pouder,and incorporate them with the white of two Egges: wt ʒ.i.of Oyle of Myrtine,and place it vnder the knee, byndinge it wyth a Roller indifferentlye fast. I saye indifferentlye faste, because to strayt bynding will mortify the member (which were worse then the former euil)neither to slack.For that is not able to presse the veines togeather neither inhibite the discrete of the Melancholikk blood to the place. Therfore let the bond be indifferent,so that the bloud be repressed,and the member not mortifyed. When he haue so done, ye shall the day following,smite the veine, which appeareth aboue the holownes of the foote, makinge a large hole,that grosse blood may haue his passage & walke,or presse doune the blood with youre handes, beginning beneath the defensiue,til a greate part of the blood of the veins be auoyded.But note,that yee must bathe all the legge with hote water,before yee presse downe the blood. When the blood is emptied out,stoppe the vayne,and couer the whole legge with this

How to bynd a member.

To open a veine to purge grosse blood.

A plaister for the Legge to resolue.

plaister. ℞. Of Camomell, Melilote, and Wormewood. ana. ℥. vi. of Mirtilles, & red Roses, ana ℥. iii. of Cipresse Nuttes. xx. of Acatia. ʒ. iii. of Bzanne ℥. iiii. of Beane meale, and of Luppine meale. ana. li. ß. bzaye ỳ is to be bzayed, and seth them in new whyte wyne, and Barbours lye, wherein these thinges were sodden before Tamarike, Moline, Smallage, and rootes of Capers, and play altogeather, til it be lyke past: after this, put a little Vinegre to it, that it may the better cut the humoures, and so inrolle the whole legge therwith. This plaister (if a man consider it well hath power to dzy, to comfort, to resolue, and to cutte thinne clammy matter, which be necessary poyntes, in this troblesome accident. What wil ye more? If ye do thus, ye shal dispatch and ridde your handes of it with honesty e. But in case the defensiue so dzy, and cause doloure, ye must chaunge the plaister, and commaund the pacient to kepe his legge higher thē his body, alway in his bed, that bloud descend not downe agayne. For this point is necessary, if he wil be cured of the mallady: accozdyng to the populer pzouerbe, Gamba al & lecto braso al pecto, which willeth the hand to be kept at the bosome, and the legge in the bedde. And when the pacient is somewhat amended, purge him agayne: For otherwyse it wer to be doubted, lest he fall to an Idzopsie, Phthisicke, Phrensye, and doating. For the matter, whiche was wonte to descende woulde be withholden, and in this case, his property is to ryse, & cause such accidentes, as Hippocrates sayth, to cure olde and antique emeroydes, if one be not left open, putteth the pacient in peril of an Idzopsy, Phthisicke, & destruction of mynd. And in an other place he sayth, of men that be destracted. A frensy is loosed at the cylyng of the swelling veines. Wherfore if a frensy be dispatched at the pzouocation of them: it is consequente that the stoppe of them, wil be cause of the same. Wherfore Aristotle hath this general rule, in his boke of places. If the presence of a thing be good, the absence of the same is euill. Therfore to eschew this euil, we must purge the pacient once euery moneth, with some purgatiue, which wil euacuate the Melancholike humour. There be yet other thynges obserued, as by bynding & cuttyng of veines, which, what for Bocherly cruelty, and otherwyse daunger of the pacient, I passe them ouer, syth I neuer practised them, nor neuer intende to do the cures beyng so perillous, and ful of daungers.

Purge a sore man, after he is amended, for feare of dzopsye. &c

Conclusion.

Soarenes

What say you of a round vlcer, Good sir Chirurgian?

Chirurgi

Geometricall measures in Chirurgi

IIr, as touching roundnes in an vlcer, we nede not to say any thyng at all. For ye haue sufficiently laboured the demonstratiue sciences, & haue, as I vnderstand right wel profited in them. For ye can erect tryangles, cut lynes, deuyde circles, yea, and square thē also, if it were needeful be it, to this day, the true squarynge of a circle, hath not bene inuented. But to the purpose. If ye will deuyde the roundnes of an vlcer by the Dyameter, with a hoate Iron, or other Instrument, yee shal deuyde the compassynge of Villes and small heres wel ynough, which is one of the greatest lettes in the ensoundynge of an

of an vlcer. And ſo ſhal you withſtand the circuition: which done ye maye proſecute the cure of the cutte, burning, or otherwyſe worckyng to your pleaſure. Now for that we haue rydde your handes of theſe troubleſom accidentes: we wil retourne to the cure of the capital vlcers, wherof wee made mention before. Wherof the virulent is fyrſt.

Good Phiſitions haue euer vſed to trye out fyrſt, the cauſe of maladyes and to cutte them of, which done, the diſeaſe would eaſely be diſplaced. And in good fayth, this ſeemeth to be the very path waye, to artificiall curynge. The cauſe of Soarenes, is firſt not conſidered.

Wherfore we alſo, becauſe we would not ſwarue from the right waye of our auncient mayſter, wil fyrſt declare the cauſe of a virulent vlcer, & then order the intention in ỹ cure. The cauſe then of a virulent vlcer, is Cholerik humours, which become ſharpe by reaſon of ſalt flegme mixt with choller, and after they gette virulency, by aduſtion and burninge. For virulency is not otherwyſe bread, as ſayth Auicen, but of the ſubtilneſſe of hot watry humoures, which originally proceede of euil gouernaunce, and order of life. Therfore we wil fyrſt appoynt the intencions which muſt bee obſerued in their cure. They be fyue. The fyrſt ordereth the lyke, the ſecond purgeth ỹ humoure, the third kepeth the flux of humours, the fourth dryeth them that be already fleetyng. The fyft enſoundeth the vlcer, and comforteth the mẽber. In the fyrſt we muſt forbid all ſharp, pontike, ſalted, and hoate thyngs, which ſhal bee able to alter the blood, to heate, and aduſtion, as Ginger, Peper, Cinamon, and geue him chicken broth, Lettice and Borage, as al other things that moderate the blood, wherof Chicken broth is thoughte to be beſt. For it reduceth humours to equality, conſerueth complexions, and refreſheth the vertue. Al this is ſpoken for example, that ye maye take occaſion by this, to chuſe and refuſe thinges conuenient, and diſconuenient. We ſhal purge the matter, if ye geue purgations, that is, things that draw cholere, as Electuarium e ſucco Roſarum, Electuarium ſolatiuum, Diaphœnicon or ſome other lyke in operation. The flure of humours is prohibited if wee apply this defenſyue in the circuit of the vlcer, foure fyngers leſſe or more for the ſame. The defenſiue is thus receypted. Vlcer Virulent, how it groweth.

Take Bole Armoniacke, and Dragons bloude. ana. ʒ ß. Beane meale. ʒ.i. pouder of Roſes and Myrtylles, ana. ʒ.iii. Oyle of Myrt. ʒ.iiii. iuice of Houſleke ʒ.i Weathers fatte, ʒ.ß. with a little Ware: ſeeth the oyle and fatte, with the iuice, til the iuice be waſted, and then put to the remnaunt, makyng it to an oyntment, after the art, and order it as it was now ſayd. And as for ỹ dryeng of humous, vſe the dryeng ſymples: how be it, there muſt be diuerſity in compoundyng of them, accordinge to the natures and complexions, wherof one may be thus. Fiue good intentions. A very good defenſiue.

Take aſhes of Dill, of burnt Leade, and of Terra ſigillata. ana. ʒ.i. Lytharge of Syluer, Flowers of Pomgranettes, and vnholed Galles. ʒ i.ß of Creuis ſhelles, or houſe Snailes burnt, of Ceruſſe, ana ʒ.ii. of roche Alome burnte. ʒ.i. mingle theym all togeather, and pouder it fynely. Whiche vſe for dryinge. And if this profyte not, vſe the redde pouder called Precipitatus Doubtles, this wil rectify the vlcer, and digeſt it. And here note by the way, that digeſtion is not cauſyng of mater as ſome vnlearned

Digestion causeth not matter, but it is ỹ proportionating of the humour.

learnedly holdeth opinion but it is proportionating of humors to the naturall heate, so that nature is animated, to expulse theym defyne it thus. Digestion is an ingrossing of thin humours, and thinning of thicke thinges, with some preparance to the expulcing. And for this purpose, wee compound hoat digestiues, in cold maladyes and colde in hoate. Finally, wee ensound with Vnguentum de Minio, Tripharmacon, Vnguentum Caphoratum, & de Cerussa: Or spread the defensiue aforsayd in the vlcer. This also that followeth is verye good.

Take oyle of Wyrt ʒ.ii. of Rosed Omphacine. ʒ.i. of Weathers fatt ʒ.ii of Vermilion ʒ.ß. of Ceruse. ʒ.i seeth them til they be black putting therto at ỹ end. ʒ.ß. of new ware. And after it is taken of the fyre encorporat it with ʒ.iii. of Camphere, and ʒ.ii. prepared of Tuti, and so wil it be an oyntment, lyke a Cerote And this wil comfort the member amend the complexion, & bryng the vlcer to skinninge, Now for skynning of it, wash it with Alome water which was prescribed before in skynning of vlcers: But one thing I warn you of, if ye see that the vlcere be enlarged, with these dryying medecines ye must lay thē apart, & vse easier medecines. The signe of to much drying, or abstertion by oyntmentes wil be this. The sore wil bee lyke an apostumated sore, and the patient shal fele payne, nyppyng and bytyng, as Auicen sayth, Wherfore I wil ye forget in no wyse, this token and sygne, because it will be much for your aduauntage.

A signe of ouermuch drying a sore mēber.

Soarenes.

I pray you say som thyng of fylthy vlcers

Chirurgi.

Glotony is no smal ennemy to nature.

IT is euident to see, what gluttonous, & rauening kynde of liuing we vse, by the alteration of our blood: which is not only altered to heate, and adustion, but also to foule rottennes. In good sayth, reason would we should forsee, that we fel not to such excessiue eatyng and drinking, wherof might insue, sharp fylthy, and corrupt humours, which cause vlceration, when they come to ỹ coniunct, and afterward feede the vlcer. Wel let them be theire own workmen and dryncke as they brew: we wil to our purpose. And fyrst let vs note what sordityes, fylthy and corrupt rottennes is. They defyne it, to bee a certen whyte thicke matter, congeled, propense vnto blacknes and lyke lyes This kynd of matter, properly requireth abstertion and skowryng, as virulency doth dryng. Moreouer there be two kyndes. a playn and hollow fylthy vlcer, which requireth foure intentions: the fyrst ordereth the lyse. the second purgeth the humors: the thyrd wypeth and skowreth of the fylth: ỹ fourth pertayneth to consounding: ye shal order the lyse, as in a virulent vlcer because these two differ not, but by the way of more or lesse. And therfore the dyet shal respect, specially the quality, which we there respected in the order. Lykewyse must the purgatiue be as ther was sayd. And the filth shalbe skowred away with these medecines following. R. Of Rosed Hony strayned ʒ.ii. of clere Terebintyne. ʒ.iii. play them togeather, til they be wel myngled and then put a. q. ß. of Barly flower, & a little Saffron to it. And it wil be a good mundificatiue, for ỹ purpose. But if this shal not serue, let this follow.

Of filthy matter, what it is.

Fower intentions in twoo kyndes of vlcers.

A good perfite mundification

Take

Take of clere Terebintine.ʒ.iii.of Roſed Hony ſtrayned ʒ.ii.of the iuice of Smallage.ʒ.ß. ſeeth them te to the waſting of the iuice,then put q.ß.of Barly meale to it.ʒ.ß.of Frankenſence,ʒ.i.of Sarcocol,and a lyttle Saffrō and let it be a ſoft abſterſiue,that may be layed in the vlcere, with tentes: And if ye be ſette beſydes the ſtoole in this, then make this following.℞. of cleare Terebintyne , of Roſed Hony ſtrayned. ana .ʒ.iii . Juice of Planten.ʒ.ii.iuce of dogs toung.ʒ.i.ß.of Sarcocol,Frankenſence, Wirbe, and Aloes Epatike .ana.ʒ.i.play altogeather, til halfe the iuice bee waſted, But ſtir it continually,leaſt it burne.After this let it be ſtrayned,and applied in the vlcere,whether it be playn or hollow. But if the playe ſhal yet eſcape your nettes,make this,wherewith doutles ye ſhal haue your purpoſe.

Take of Barbours lye.ℓʒ.iiii.of redde pouder Principitatus,ʒ i. ß . of Roſed Hony ſtrayned ʒ.ii.mingle them wel togeather,and doubtles ye ſhal ſcowze and drye the vlcer with this abſterſiue.Some haue alſo vſed this mundificatiue with good effecte.Take the iuice of Smallage.ʒ.viii.the iuice of Agrimony.ʒ.iiii.the iuice of Plantaine.ʒ.ii.ſuger roſate,ʒ.x.boyle theſe a ſeaſon,then caſt into them the meale of Barly ,Lupines,and Fenigreeke. ana. ʒ.i.Boyle them then to the conſiſtence of an ointmente,& at the end,put in.ʒ. i.of Terebintine,& vſe this to thy honour in clenſyng & mundifying a ſore or woūd frō matter.For wheras there be but two moiſtures bred in an vlcer, as Galen wryteth,wherof the one requireth abſtection,ỹ other dryyng:both are reſpected and conſidered in this medecine, as it may eaſely appeare, if a man conſider the ſymples wel.Now yee ſhal incarnate the ſore with ointmentes.that contrary the ſtraunge quality of the vlcere:as with hoate if the vlcer be cold,and with cold,if it be hoat.For what is enſoundinge of diſcontinued partes,but to rectifye the qualitye , whych ſhorteth and hyndereth the vertne nutritiue,and to qualify the complection of the member?For if ye doe thus,nature beyng fortifyed,wyll of her ſelfe cauſe fleſh to growe, as it appeareth not onely in man,but alſo in brute beaſtes . And therefore, I compound no other ointments in this caſe,than were ordered before , in the cures of hoat & cold vlcers,whither ye may reſort,when ye ſhal neede. Thus mutch haue I ſayde,of the plain filthy vlcer.Now wil we to the hollow and cauy vlcer.

To ſkowre & dry al vlcers playn or hollow

Contraries when to vſe them.

Nature nouriſheth her ſelfe

Why ſhould men maruayle,if men of olde tyme,came to the knowledge of Natures ſickenes and cauſes,for aſmutch as they were taught. euen by the leading of nature,which they of that tyme,more diligently obſerued thā we doe:And therefore.they came to meruaylous great knowledge , which we in theſe daies,attaine not vnto,becauſe we obſerue not in like caſe . I ſay this,in conſideracion of a Moulde warpes moinyng vnder Grounde, whych gaue me occaſion to obſeruacions in a cauſe vlcere. For becauſe I was preſent, where a Gardener ſtopped the mouth of the earth, or hole, where afterwards,becauſe the cauſe was not remoued, ſeuen Moldwarpes came out by ſundry tymes.Truely I noted it,thinkyng it worthye of conſideracion in the cure,wherefore,when we be mynded, to handle thys cure in his ryght kynd,we muſt try out the cauſe,whych wee ſeeke by humours,accidents,and qualities of the matter.And therfore,when ye mynd the cure of anye ſutch Ulcere , conſyder aduyſedly , whether anye of the

An example of Talpus or Moldewarp.

the foresayde accidentes be the cause, why the sore refuseth 'ensoundinge. And if any such be found there, and ye thynke that the accidentes, be the very lette: retourne then to the correction of that accident whiche hyndreth your purpose, and when ye haue amended that, ye shal haue your desyre. Now if the cause be found in none of them, then marke the matter, whether it be sanious, virulent, or fylthy, and then accordyng as ye fynd it, so resort to the cure of the Capitall vlcers, and worke as is there appoynted, for in so doing, you shalbe assured to quite your selfe of it. On thother syde, if humours be the cause, which is lightly perceiued, by the colours of the flesh, ye must purge them: For if it bee ruddy and itching, it declareth Choler. On the other part, if it be whyte, it is a token of Flegme, and so of Melancholy if the coloure be dimme and broune. Wherfore if ye shal alway behaue your selfe thus in your working, ye shal not stay, but haue your eye stil to ỹ mark, wherat you entend to shoote.

Amend an euil accidentes and then the cure will prosper.

Here should we speake of a festerd vlcer, vnlesse we had talked of ỹ matter, when we treated of the accidentes of vlcers, where ye shal find the causes of it, and the cure, Therfore ye must make your repayre thither, when nede requireth, and not loke that I should double it agayne. Now haue I, my frend, payed my debt, and discharged my bonde, according to my promise it shal be your part to beare with my trauel, and to take my dilligence in good worth. And though my stampes be not so fyne, to coyne such rych money, paraduenture as ye loked for: yet haue I labored diligently to geue you currant money, with which I trust to content you. Wherfore thus remain, that ye be dilligent labourers in this, and then within smal tyme yee shall swim without Corke, and trauerse great streams, by the ayde of these thinges. But if hereafter ye shal looke, to be holden vp by the chinne, which I thinke not, ye must procure and retayne some other. For I may not attend vppon you, for busines that I haue my dere frend forenesse.

Soarenes

TO say for my selfe, and my fellowes (which I may because I know their myndes) we thanke you, as far as we be able to say or think for your faithful paiment, brotherly loue and gentle curtesy. Ye haue so fynely coygned al, so orderly layd it forth, euery some by it selfe and so gently deliuer it, that wee cannot chose, but allow it, and highly comend it. But one thing greeueth me (I think it doth my fellowes also) ỹ ye leaue vs in the streame to swimme without helpe. Ye know righte well gentle Chirurgi, what a nomber of Gulphes be in the streame of Chirurgi, which ye haue not medled withal, and this requireth the helpe of an expert workmã. Wherfore we shal desyre you, to graunte vs some ayde. Certaynly we wil repayre to you agayne, for other things, which we wil shew you at your leasure.

Chirurgi

well

WEl youre desires may do much w̄ me,howbeit I may not promise at this present,al your desires or requestes,but of ẏ hed I wil say some thing.

Soarenes.

Mary we pray you,shew vs the cures of the head,when it is wounded & in peril.For the hed is the prince of mēbers,whose cures are most hard,& so bid you fare wel.

Chirurgi.

Of honest request and frendshep.

NO man, deare Soarenes.that coueteth to gratify other,vseth to make lyghte of his frendes requestes, but rather imbraceth them with al dearnesse of mynd, specially if the thing truly asked,shalbee righteous and honest,or byng the party,who is required to no hindraunce For if those poyntes should appere in any request, theire petitions woulde seeme dishonest,and worthy of repulse. For why,honesty and righteousnes should not please the desyred, more then the desyrer. Uerely men should bee far of from the way, if they thought, that iustice and honesty might be acquyred by other mens losse,and discommodity. Wherfore seynge we consider that the matter, which we couet to get al our estimation(for we desire to heare you talke of the maladyes, that come of a cause primatiue in the head, with their cures)shal be no lesse to you profitable,than to oure selues quiet of conscience.

Soarenes.

WHy should we not boldly require this,namely, syth both of vs, you to declare,and we to hear, be most at pleasure at this present time? We haue also good cause our selues in that our cōscience doth stirre,and encourage vs forth besydes the charitable loue, which we owe amonge our selues one to an other miserably afflicted, in such causes. Again if we did demaunde any thing rashly, perchaunce euen that, which should be pleasaunt to other men, might worthely be denayed vs, for why,rashnes semeth to import two thinges: vnrighteousnes in the demaunder, or els vanity in the thing demaunded, yet for as muche as our sute is right iust and honest, and you pleasaunt Mayster *Chirurgi.* gentle and free harted to your frendes: let it be your wil and pleasure to reason with vs concerning the matter, to the intent we through your apt and wyse communication,may declare so many daungers in ẏ head(wher vnto these common practicians,rushe out on with al haste, as doth Tom a Bedlem in his naked prograce) and also redresse the same,if anye suche chaunce vnder our symple playne handes. For you are the Man,as wee do thinke, who is skilful to cure hurtes in the head,and auoyde daungers in the same. And thus did we perceyue right wel,not onely at other tymes but specially in the places, where wounded menne are kept, wher yee helped greuous and perillous chaunces in the hed. Go to then gentle mayster and follow your frendes desyre,which be in great loue with you. And thus doyng, ye shal doe vs presently great pleasure,and vnto our posterity.

And

And al be it, yee cannot receiue worthy reward at our handes, for so great a benefyt: yet the almighty God, who doth suffer no good turne to be vnrewarded, nor vice vnpunished, wil recompence your payne, and prosper you in your Actes and deedes, who euer bee praysed, for himselfe and his woorkes Amen.

Chirurgi

THe begynning of your matter, al be it, I did wel perceiue it, yet by means ỹ tale was somwhat long, it was almost fallen out of my remembrance, I being now feeble, and fallen into decay with much labour of mynd, and anguish that I take for my poore frends. For according to the debt of our corrupt nature, they are deceassed, and haue geuen vp their Soules, to whom the merciful God, not in respecte of their good dedes, but at the contemplacion of his owne bountiful clemẽcye, graunte endles rest and saluation with his sayntes and elected. But yet as farre as I can remember, I noted in some, what we are bound to doe for our frendes and acquaintance, in consideracion of our familier conuersation with them. Of truthe we are not ignoraunte, dear frends, howe harde a thing it is for vs, at this present, to satisfy your desyre, specialiye, for as much as my mynd doth not only take care, but melteth away in floods of sorrowe, for the great affliction I daily feele. Is it possible, that I should content youre desyres with lyke woordes as I vsed, when I talked of woundes, apostumations, & vlcers? Verely, I would I might gratify you, so that ye should couet no further in the matter. But alas, I am racte and tormented within my selfe, when I feele and consyder, myne insufficiencye and vntowardnes. But yet, lest I should be seene to turne my backe, and geue my deareste frendes a repulse or an vltimum vale (who be as myne owne eyes) yet I wil take the matter for youre sakes vppon me. Neuertheless, this would I desyre & obtain at your hands, that none should interrupt me in my tale: but in such places, where I ende my whole matter. For the time is very short for our discourse which we mynd to fynish. And certaynly, If I thought otherwyse, nothing were better to me, than to be questioned & in euery doubt, which you shal not neede.

Soarcnes.

GEntle syr, ye haue most happely preuented vs. For the matter which wee were appoynted, to get at your hands or euer we came hether, by prayer or fauor, ỹ haue you offred of your selfe Therfore seyng we are agreed of the matter, sette on a Gods name, and luckelye make the onset. For there may not be greater pleasure to vs, then to heare your woordes, and maner of talke, so ỹ the precious fruite and profyt, which we looke for in especial, be preferred, for that is the matter.

Chirurgi.

NOted, deere Soarenes,and your friendes, that. R. R. in hys famous woꝛke, vnder whoſe banner I ſerued moſt & gat all that I haue,at his handes,oꝛ not wythout hys eſpeciall fauour: dyd fatherly admoniſhe hys Schollers, and heaꝛers, that they ſhould to theyꝛ poſſibility, try & ſearche out,the cauſes of diſeaſes. Otherwiſe,they ſhould attempt, to cure one thyng foꝛ an other, and gieue Chalke foꝛ Cheeſe. And if they dyd ſo, they ſhould greatly erre in the cure oꝛ rather pꝛouide a beare,to help theyꝛ Pacients to theyꝛ graue. Wherefoꝛe, I haue determined wyth my ſelfe, ſith your will is ſo,that I ſhall daunger my ſelfe in the matter,to recite vnto you the ſickneſſes, whych happen in the head,wyth theyꝛ cauſes. And thys doe I, to th'entent we fall not vnaduiſedly in that,had I wiſte, whereof we mencioned befoꝛe. They be fyue in number, that is to ſay, apoſtumacion,vlcer,wounde,bꝛuſe,and bꝛeaking. But as touching apoſtumacions, and Vlcers wythout, wee wyll heere make no further a do, becauſe we haue ſufficiently ſpoken of them befoꝛe, in our foꝛmer treatiſe of Woundes: whereunto yee may repayꝛe at your pleaſure. But as foꝛ bꝛuſes, Woundes, and Bꝛeakynges, wee wyll lay our Foundacion, as farre as our wit ſhall extende. Yee haue the Maladies, wherefoꝛe, wee may pꝛoceede to the cauſes and cures.

Chalke foꝛ Cheeſe.

Fiue cauſes that do hurt the head.

And fyꝛſt, we wyll begin at a Bꝛuſe oꝛ Cruſhing,whoſe cauſes be falles and ſtrokes, whereof followeth the member of the continuaunce bꝛoken. And here we vſe thys terme, of the continuaunce, bꝛoken, oꝛ bꝛuſe: after a large maner, foꝛ euery riuing oꝛ cruſhing of mans fleſhe, whych may bee two wayes,that is to ſay,by meanes of a Wounde, & wythout a Wound, As a bꝛuſe, whych ſhall be wythout Wounde, may eaſely be cured, except the bone, whych is vnder it, be riuen, the ſkin remayning whole & ſounde. Whych hurte, the ſicke himſelfe, wyll ſhewe to the Chirurgian, by certayne ſygnes,as by often ſcratching,oꝛ touching of the place wyth the fayles,oꝛ by ſome other meanes. But if it be ſo, that yee cannot be perſuaded,by the Pacientes ſhewing: oꝛ if ye be dꝛyuen to and fro, and reaſoning the matter wyth your ſelfe, as in ſutch caſes, mens myndes be pluckt,now hether, now thether. Yee muſt conſider the ſmiter, of what ſtrength and foꝛce, he might be of,& wherewyth the ſtroke was inflicted: as in lyke maner the place alſo, whether any thing fell on the head, from an hygh. Foꝛ the higher that the place is,and the mightier the ſmiter,ſo mutch the greater & woꝛſe muſt the bꝛuſe be deamed. Foꝛ heauy thyngs. falling towards theyꝛ naturall place,are founde of greater foꝛce & violence, at ẏ ende of theyꝛ diſcent & fall, than at ẏ beginning, when they were fyꝛſt loſed of theyꝛ ſtaies. Theſe thynges conſidered, ye ſhall make inciſion vnto the ſcalpe,ruling the ſame after ſutch ſoꝛt,as ſhall be declared afterward, when wee ſpeake of ꝛyuinges of the ſcalpe, wyth depꝛeſſion of the bone. On the other ſyde, yee geſſe by the ſayd ſygnes,that the bone remayne ſounde & vnbꝛoken,then ſet al your intent,to the cure of ẏ bꝛuſe: which ſhal ſtand in a reſolutiue medicine,being ſomewhat bynding wythall,if ye ſtand in feare of putrefaction.

The cauſe of bꝛuſes, what they are.

Howe to finde out a ſtrype by what tokens.

Of inciſion in the heade.

For what soeuer is bruſed or fruſhed, muſt needes putrefy, as Galen wryteth. But I ſuppoſe, yee are mynded to aſke me a queſtion. How it is, that reſolutiues ſhould be applied in bruſes, wherein is great concurſe, & ſhewing of matter, for aſmuch as repercuſſiues ſhould rather be vſed, as was ſayd, at the beginning of ſutch matters. Yee haue well and trimly doubted at the matter: for thys ſhal make mutch for the cure of a bruſe in great perill, whereof yee ſhall diligently marke, that effuſion of bloud doth immediately follow vpon a bruſe, becauſe the veynes be violently cut of, and the mouthes opened. And the bloud whych ſhal ſo once be ſhewed forth, can neuer returne backe, into the veynes agayne. Wherefore, ſeeing it is wythout the veſſels, it muſt needes putrefy, & ſo conſequently, corrupt and rot the Fleſhe. For thys purpoſe gentle reſolutiues, being byndingthings wythall, muſt be applyed at the beginning: whyche the one reſolueth the bloud, and the other being contrary in working, cloſeth the veyne, that no more come forth. And here of appeereth the ignorance, and ouerſight of theſe Emperikes, and vagabonde Chirurgians. For they myniſter repercuſſiues, at the beginning of euery bruſe, wythout reſolutiues: whereof followeth inciſion of neceſſity, if they wyll auoyde putrefaction. And therefore I wyll geue you the medicine, whych euer is vſed in ſutch caſes, that yee fall not in the lyke reprehenſion and ſhame.

Of bloud rũning the chief cauſe, and the hurt that doth follow the ſame.

Take Camomell, Melilot, Bran. ana. M. i. of Beanes, Lupines, and Barly meale. ana. ℥. ij. of Myrtilles. M. ij. of Cipreſſe nuttes. xv. bray ſutch thinges as ought to be brayed fynely, and then ſeeth all in new Wyne and Barbers Lee, vnto the tyme it be lyke a Cerote. And at the ende, yee ſhal put theſe Oyles to the ſame, that is, of Dill, of Camomell, and of Myrte. ana. ℥. i. But note, here the Oyles muſt be vſed, where no putrefaction is. For in caſe of putrefaction, I would vtterly forbid them. Then play them agayne, tyll the Oyles be well incorporated: & afterward apply it warme. Marke well thys medicine. For it were a long matter, and to mutch for one day, to recite to you, how many haue beene cured, by the helpe of thys medicine alone. But if the bruſe be concurraunt wyth a wounde, or euer yee worke in the matter: yee muſt diligently conſider wyth your ſelfe, whether the rim or pannicule, whych from out forth, couereth the ſcalpe, be cut or not. And if it be not cut, the wounde muſt be cured, as we ſhewed in the treatiſe of Woundes, ſauinge that the digeſtiue muſt be made, wyth Roſed Omphacine, and yolkes of Egges, ouer whych yee muſt euer apply thys medicine, whych we aboue recited. For it wyll keepe of putrefaction, and harde corrupted bloud. And after thys maner, proceede forth in the cure, till ſanious matter be generated, that done, lay aparte the Dygeſtiue and apply an abſterſyue, in hys place. Whych may be made thus.

Many men haue bin cured by this medicine.

℞. Of cleere Terebintine. ℥. ij. of Syrupe of Roſes. ℥. i. ß. of Plantayne water. ℥. ß. play them together, till ỹ water be waſted, and then put thereto. q̄. ß. of Barly meale, and a little Saffron as may be able, to colour the mundificatyue. But take it of the fyre, or euer yee put to the meale, and ſee it be well fyxed, vntill it be well incorporated togeather. Now, when yee haue thus done, yee may vſe it, and apply euer the ſame Vnguentum Baſilicum, after thys deſcription.

A good abſterſiue for the head.

Take

Take oyle of Roſes and Camomell.ana.ʒ.iiij.oyle of Wirtine. ʒ.i. ß. play them togeather, till they acquire theym a blacke hugh, and then put theſe drugges to them,of cleare Terebintine.ʒ.ij.of Shyp pitch ʒ.i.of new waxe ʒ.ij ß. And play them agayne a little, and ſo take it of the fyre, and ſtirre it continually till it be thicke. And for aſmutch as theſe woundes,by reaſon of mutch ſenſibility of the part, be oftentymes vexed wyth an Eryſipelas : thys place asketh to ſhewe,how we may withſtande that troubleſome malady. And to thentent ye may ſo do,note this,concerning an Eryſipelas,or Choleryke apoſtumation,and Wynt it deepely in mynde. It is this. An Eryſipelas may happen,by reaſon of boyling of the humour,or for that,that corrupted matter,is retayned wythin. Whych thing we ſawe our ſelues come to paſſe,by reaſon of matter,abyding wythin,in one worthy capitayn. Now this thyng is cured by purging of the cauſe : As Hippocrates ſayth, Quæcunque ægretudines ex plenitudine fiunt,euacuatio ſanat. If it be ſharpened and chafed,through heate & boyling of the Cholerike humour : anoynt it with Vnguentum Roſatum and lute the woũde wyth ẏ ſame,as the beſt learned Chirurgians dyd vſe. For if mordicacion or heate be cauſed, by meane of Dyntments:it will be pacified through coldneſſe,whych is in ẏ Medicine. After ye are at poynct wyth thys,couer the whole hole wounde wyth thys.

Vngrerium Baſilicum.

Eryſipelas is a hoat red, roũd inflamacion ſoare, or choleryck boyle & a feuer in the body.

Diſeaſes coming of fulneſſe. are helped by emptineſſe.

R. of Roſed Omphacine,and oyle Wirtine. ana. ʒ. ij. of Vnguentum Roſatum, ʒ i.of Popilion. ʒ. ß. of whyte Ware. ʒ. iij. and melt all at the fyre : this done and prepared, infuſe a lynnen cloth in the ſame oyntment,and ſee it be all to weated in it, and then take it forth, and caſt it in colde water, ẏ it may be thicke agayne. This cloth alſo muſt bee applied to the heade, for feare of a noying of the place: and be applyed where the hayre was ſhaven of. Moreouer,ye ſhall forme and ſhape one other cloth,after the ſame manner,with the ſayd oyntment,ſo that ye may make permutacion, at euen and morning,of the clothes. But if the panicule or rimme be cut, and the bone diſcouered,ye ſhall neede more dilygence and circumſpection, whiles ye ſearch,whether the bone be clouen,or riuen in pieces. And if neyther of theſe faules be found,then is nothyng els to bee done, otherwyſe than in woundes.ſauyng ẏ thys pouder ſhalbe ſprynckled,where the bone was diſcouered & opened. R. Aloes epatike, Sarcocoll, Myrrhe, ana. ʒ. iij. Frankēſence,ʒ.i.ß. Flowerdeluce. ʒ.ß.& let it be made into fyne pouder,for ẏ ſayd vſe. And as for farther proſecution of the matter, ye ſhall do as in ẏ cure of woũdes. But in caſe ẏ bone be riuen, an other maner of cure wyll handfaſt you : whych wyll be farre diſtant,& vnlyke the former. And to the intent ye may be able, to aſcertayne your ſelfe,in ſutch cliftes & reuinges, ye ſhal here note the ſygnes & tokens,that follow clites,& riuings of a bone.

Clothes applyed to a woũded head.

A pouder for the head.

Theſe thyngs be ſignes of a broken bone,vomityng,Daſlyng of eyes,verſige or ſwoonyng,blyndnes and fallyng. All whych muſt be vnderſtand, to happen at that preſent,when the ſtroke was giuẽ. And ſometyme an apoplexie,a dumpyſh priuation of ſenſe,and a feuer with a vehement horroure and colde doe enſue. Now were the pacient taken of a Feuer, without Colde,there were no great Daunger in the matter, for that accydente

Sygnes of broken bones en the head.

commeth ofttyme, of a pzyuate cause, wbych moueth the accident. And where it is not possible. but the body should be replet, oz vacant of superfluous humours, so it cannot be, but there should insue great difference, at that diuersity. Foz if thys kynde of breakyng, occupy a vacant body, the Pacient wyll be wythout Feuer: But if it fall to a repleat Body, laden wyth euill humours, the Physicians may thyncke the stroke to be daungerous, and hard of cure. Foz wee haue thys lesson of Auicen, saying: all Woundes, and Vlcers be daungerous, wbych chaunce vpon superfluities of a wayward, and froward Body. And albeit, it be daungerous, if the Pacient be taken wyth a Feuer, at the beginning, yet is the matter moze to be suspected, if he be inflamed wyth Feuers, thzee oz foure dayes, after the stroke was gieuen, because thys should spzyng of putrified Bloude, retayned wythin the Scalpe vppon the Rimmes, wbych thyng is knowen by the increasing of the accidentes. Notwythstandinge, thys may bee also, whē sanious matter is a generating. Foz why, Hippocrates affyrmeth in hys Aphorismes, that Dolours, and Feuers wyll happen, moze at Generating of matter, than when it is generated. But thys may easely be discouered: Foz here the accidents fall and be a layed, but there they be augmented and increased. Therefoze, when such accidentes shall insue vppon a stroke, euen the same day, ye may well Judge, that the bzeache oz breakyng is complet. Wbych if yee mynde to cure rightly, yee shall forthwyth pzouyde these thynges befoze your eyes. Fyrste, when the matter is come to that poynct, that ye must make incision, feare not to cut the Wounde, after the maner of a triangle, oz one ryght angle, oz els of a crosse, and remoue the Flesche from the Bones. When ye haue so done fill vp ỹ wound wyth small quisettes, well weate befoze in the whytes of Egges. Howbeit, note and obserue this alwayes, that the quisettes, wbych shall touch the bone, must be weate in hoat Wyne, foz feare of altering and spotting of ỹ bone: better than if they were weate in whytes of Egges, by reason of the coldnes. Foz why, Hippocrates saith. Frigidum inimicum neruis, ossibus, cerebro & spinali medullæ; calidum vtile & amicum. Colde is an Enmemy to the Synewes, Bones, Teeth, Bzayne, and the Nuke, oz Marowe of the Backe, but heate is pzofitable and friendly: and therefoze colde must be kept from the Skull, least we stumble at that blocke by errour. Now thys operacion fynished, yee shall geue the Pacient in commaundement, to rest him selfe after that maner vntill the next mozning, pzescribinge hym an ozder, how he shall rule himselfe, & hys diet. Hys dyet shalbe to eate Wheat bzead, oz tryed and boyled Barly wyth Almonde mylke, and dzynke boyled Bozage water, foz ỹspace of foure dayes: and after the fourth day is past, geue hym Wheaton, foz Barly bzead, dipped in Chicken broth, oz broth of Mutton of the Weather, least the sycke be ouermutch weakned, with the slender diet. Now the next day, returne to your Pacient, & open his woūd gētly, wbych done, search the Bone well and warely, wyth a searcher of syluer, wbych must neyther be to blunt, to ouer runne the rimmes, oz clifts neyther so small oz fyne, that it should enter into them. Yee shall search it thus. Dzaw the Searcher to and fro, pzetely vppon the Bone: and if it slyde playnly wythout stay, it is a sygne the Scalpe is saulfe and sounde.

Daungerous wounes, how to know them.

Hippocrates. Aphorismes.

How to cut to the ende to heale.

How colde hurteth.

Yo dyet.

But if

But if it ſtay,and fynde ſome let, ye may then think well,that the bone is clouen and cut. But now,in as mutch as we ſpeak of rimmes,and becauſe they be dyuers, this place requireth,to diſtincte them properly,or euer we medle further in the cure. How to ſercch a Wound.

Fiſſures or Chinkes, be cauſed in the heade two wayes: with a thyng, whych geueth a blunt ſtripe,or els wyth a thing,whych cutteth. If it bee wyth a thyng,that giueth a blunt ſtripe,the thyng properly,is called a cliſt or a ryuing. And if it be wyth a cut, it is called a chynke or a clift. And all theſe varry in length,ſhortnes,largenes,and ſmalnes,they vary alſo otherwyſe. For euery'of them, I ſay, the chinke and cliſt, may be wyth depreſſion of the bone,or wythout depreſſion. For an inſtrument, whych cutteth, may cauſe depreſſion, namely, if it be thicke or blunt. And albeit,they agree in the former poynctes, yet they differ in this,that is to ſay, the cliſt, whych is cauſed by a bruſe,is euer thought to be with penetracion,or through going and percing of the bone, where it is not a lyke alway in a cut or inciſion. I ſay this of mens ſcalpes,and not of chyldren. For in chyldren,which be within ſeuen yeare of age: we may be deceyued,as we ſee by experience. For why,ſutch ſculles will be infolded,becauſe they be not yet hardned ne ſtrengthned: and moyſture alſo aboūdeth in them,whych property is not founde in mens ſcalpes that are come to ripe age. For mens Scalpes wyll ryue,and be cut through,rather than be infolded,by reaſon of the hardnes, and drought of the Bone. Wherefore, men that are come to hardneſſe, are depryued of this, which is founde in tender age. And after what ſort,euery of theſe may be cured, we ſhall declare orderly, when we haue fyrſt premyſed the intencions,whych muſt needes be obſerued,if we intend warely,to eſchue daungers in ſutch caſes. And as ſoone as we ſhalbe at poynct wyth thys, wee ſhall accomplyſhe our promiſe, both of a ryuing or clyft, wyth the depreſſion of the bone. Fiſſuries or chappes.

I cliſt in the heade.

Preſuppoſing then the regiment of lyfe,theſe be the chiefe and pryncipall intencions about thys cure: that is to wit, to conſerue the complexion of the member in hys proper ſtate, to prohibite Apoſtumacions, and to apply locall medicines fit for the purpoſe. Certes we may conſerue the complexion,and rectify it, if it be decayed, wyth Emplaſters, as *Auicen* wryteth in the chapiter, of the wounding of the ſkin of the head. Et principium quidem conſiſtit in emplaſtris,& erit rectificatio. &c. The beginning ſtandeth in plaſters, and ſo will the rectification be ſoone had. We ſhall preuent or put of apoſtumacions,if we ſhall worke the thynges, whych the Pacientes ſtrength ſhalbe able to abyde and ſuffer, as we haue commaundement in the ſame place. And doubtles, the diſpoſicion of the Body, ſhall away wyth it well inough,if we proceede no farther than till the cauſe of apoſtumation,be intercepted and cut of. Theſe be the cauſes of an hoat apoſtumacion, Siphac,a gobbet of a bone, pryckinge the vtter Rimme, whych is called Dura mater, annoyaunce of teintes, colde approaching to the Rimmes, or Pannicules, plenty of meate and Drinke, and the ſecret enill (as they call it) whych I vnderſtand,to be a certayne malignity of Complexion, and ſuperfluities of froward bodyes: which we ſhall preuent & cut of by purgation and bloud Auicen.

I note, betwene a mans Scull, and a bodyes.

what thing do anoy the brayn moſt,

(Purge the Patient, according to the veyne.

letting. The Pacient shall bee purged, according to the signification of his veyne. For why, that will shewe the humour, which is excessyue in ỳ body, as we sayd in the cure of Ulcers. And as touching blood letting it hath, as hee sayth, two intencions: the one to make euacuation, and the other to prohibit, or withdrawe. But where we treate of blood letting, I pray you of good Fellowshyp, note thys well: for it shall greatly make for the preseruation, and sauegard of your Pacient, which is soare, and for your selfe also.

A goodly note for the Chirurgian in his cure.

Note, deerely beloued, that it may chaunce, that the sycke come vnder your handes, the same day he was wounded, or els after the fourth. From the fyrst day vnto the fourth exquisytely, you may vse dyuers blood letting, because thys is the tyme, when matter causing Apostumation, vseth to flow, & runne agayne to ỳ place. And thys blood letting must bee made in the common veyne, called Mediana, of the opposite arme. Here yee shall dylygently marke, and take heede, that yee erre not, in the signification of thys worde opposite, as some haue, which were not seene in thys worde at all.

To let blonde on the contrary part, why it must be by reason.

For thys word opposite, signifieth contrariety, as when a thynge is placed, ouer agaynst the contrary part. Wherefore, the partes of the ryghte syde, may not properly be opposite one to an other, within themselues, but parts of the right syde, to the partes of the left. Thys will appeere in the shape of mans body, which is erected and figured, after the maner of a Quadrant, albeit it, it bee not fully square and shaped with equality of corners,

Man is made Geometrically in order.

as is a true quadrant or square. Now it is euident, that thys quadrangle, in maner is measured, with two Diameters, which also properly bee opposite. So hauing respect to thys quadrangle, it shall be an easy matter to see on whether part the veyne shall be opened. And thys blood letting, as we sayd before, is made for two purposes, according as the cause requireth, that is to weete, to make euacuation, or els to diuert or turne away the blood to the opposite part. If your entent be to turne a syde the bloude, it

Example of blood letting.

must be done in the opposite part. For example: When the Wounde is in the left syde, a veyne of the ryght syde shall bee opened: & contrarily, when the Wounde is in the ryght syde, a vayne of the left, which must bee the common. On the other part, if your purpose be onely to make euacuation, yet shall worke the feate in the vayne, which is most proper to the parte wounded. As bee the vaynes in both handes, called Cephalicæ, that is, the head vaynes: which will voide matter and blood from the head. Wherefore, they doe amysse, and euilly, yea, maliciously, who indifferently take blood of the one, or other hand at the beginning, where the intent should be to diuert, and turne away the blood by fleubotomy. For they make euacuation, and turne not away the blood, to the contrary part, and so consequently cause they the feebled member, to bee more feeble, and decayed in

Poore men are corrected, for great mens faultes.

such wyse, that other members send thyther theyr superfluityes, as hee sayth, Quicquid delirant reges, plectuntur Achiui: What fault so euer bee committed amongest the hygh counsayles, the poore People suffereth for it. For it is certayne, that the member is feebled, as soone as it is wounded.

Where-

Wherefore in ſo doing, they open the way to apoſtumation whyles they thyncke to preuent and ſtop it,and become occaſion of the Pacients death. And thus craftely worke the Emperikes, and Heathen Vagabounides,coueting not onely to ſlea, and ſup the Chriſtian bloud,but vtterly to extinguiſhe the Chriſtian name,if it were poſſible. Yet a Gods name, wee can abyde to call them vnto vs,and intertayne them wyth al gentlenes,where we ſhould not only forbid them the arte, but alſo treade them vnder oure feete, and make them bond Slaues,as the Turkes doe vs Chriſtian men, when they take vs,and vſe vs worſe than Dogges.

Now, in caſe the Body bee full, and replenyſhed wyth humours, ye ſhall let your Pacient bleede agayne, in the ſame place, where yee let him bloud before. But if the apoſtumation were in the clenſing places, as vnder the arme holes,Flankes,and eares, I would in no wyſe let my Pacient blede, for that malady: becauſe I fynde not, why I ſhoulde ſo doe. For an Apoſtumacion may not a riſe,in the emunctory places, but by euilneſſe or malignity of ſome pryncipall member,or by reaſon of the ſuperfluities of ſome member adiacent. If the place be apoſtumated through matter, expelled from a principall member: Fleubotomy were not to the purpoſe, becauſe the matter myght bee reuoked inwarde, whych Nature had put forth. Neyther ſhould it be well to the purpoſe alſo,if the ſwelling came of ſuperfluityes, of ỹ nert parts thereunto. For we ſhould put the matter from the vnnoble and petite member, and burdein agayne the pryncipall wyth it, whereof would enſue great inconueniences and daungers. Wee bee alſo forbidden to vſe repercuſſiues,for feare of the lyke daungers,in the ſayde emūctory or rūning places. But if I had occaſion (in as mutch as we liue, and haue a doe wyth nyce,fooliſhe,and wylfull people,which cal for thinges to theyr ſauſety, in ſutch wyſe, that we muſt woorke agaynſt our Rules, to ſatiſfy theyr luſtes) I would open in that caſe, the Baſilica, or lyuer veine. And it ſhall make no matter, whether yee open the veyne in the ryghte ſyde,or left, ſo the Apoſtumation bee in the vpper part of the body: but in caſe the apoſtumation be in the lower part, bloud may bee taken from the Lyuer veynes, in the foote of the oppoſite parte, accordinge as yee ſhall thyncke it moſt conuenient. Howbeit, it wyll be ſurer, and farther from pearill, to take bloud of the Lyuer,in the ſame parte of the Foote. For it were ieoperdy, leaſt ſome humidite, retayned in the glandeous Fleaſhe, might by ſtirring and angering of the matter,cauſe Apoſtumations. Wel, I haue ſayd inough, as touchyng bloud letting, now wee wyll to the locall Medicines, whych ſhall be declared in the cure. Wherefore, let vs come to the cure of a breacke in ỹ Scalpe, namely of a clyfte, or a ryuing: and fyrſte here marke thys Fygure for bloude lettynge, heere after thys place.

When to lee bloud, two tymes in one place, & why.

If an apoſtumation be in ỹ midſt of the vpper part of the body, then to bleede eyther on ỹ left arme, or elſe right, is well.



Under ꝑ ton are.iij. veines, which ar good to beopened against Apoplexia Angina, & stopping of ꝑ spyrits of aspe=ration, and re=spiracō, and al the euils of the mouth, tōgue, and throate.

R

The veine called Sciatica, & cōmeth frō be=neth the knee, downward, & are.ij, in num=ber. & are good to beopened in warme water to help ꝑ swel=ling of the se=cret members & also ꝑ payne called Sciatica.

Q

Saphena, com=meth from the holownes vn=der the kne, as Sciatica doth. It is in ꝑ in=side of ꝑ ancle and is opened for the Spiene Matrix. &c.

P

The vaine of ꝑ forehead, to be opned against frensy Megrē ache in the hed forgetfulnesse, & soareneſse in the eyes. &c. & this vain spryn geth from the outwardthroa=ate veine.

O

Vena externa or Cephalica in the arme, is opened with a large cut, not dep to let forth grosse matter, and to clense the head, from al greeues, as falling sickne dimnes of head. &c.

A.

Mediana. Which is in the myddest is the chief or gan, or spring of the bloude, it must bee o=pened to helpe the sides, Mi=dryfe, stomack, hoat feuers &c

D

Vena interna. or Basilica, cōmyng from the heart and lyuer, by this veyne is a syne=w like to it, in which is cō tayned ꝑ spy=rite of lyfe, & vnder ꝑ same are mighty sy=newes, there=fore it is perti=lous to open ꝑ veyne but by great know=ledge, but it help to be ope ned against pleurisy, pesti lence. &c.

B

A braunch of Cephalica in the hand.

H

Funis brachij.

G

Saluatella.

E

These.iij. last are of smale force to open, because little bloud doth ysse from thē, but yet to open these smal vai nes in warme water, doth helpe Apo=plexia.

But yet or euer we take the cure in hand, I think it mutch appertayning to our duety, to shewe what way we mynde to follow in the cures. For I haue found two, after Auicen, whereof the one doth only moyste, and the other only dry. But to say truth, neyther of them liketh me, by it selfe alone. For if I vsed the way of moysting, in a bruse, I might well doubt of putrefaction, because thys way greatly promoteth putrefaction. For it is done wyth oyles, and yolkes of Egges, whych cause putrefaction in a bruſed place. On the other part, the way of dryyng downe, wyth Aqua vitæ, & the pouder, whych Auicen describeth in the Chappter, De incisione cutis, before alledged, doth not fully content me, though it haue two parts: whereof the one defendeth from putrefaction, but ẏ other parteth not the bruſed. Therefore, because I would not fall into eyther extreamity of onely dryyng, or only moystyng: I haue gathered a certayn way of them both, consistyng betwene them both. For it shall altogether haue vertue, to dry and to moyst, because as I iudge, medycines for the head, must actually moyst, and drye potencially. For by the help of drought, we preserue the complexion of the bone, and pannycles whych be dry of complection, as Galen wryteth. And by moysture, wee procure dygestion, if any thyng were turned and bruſed. All these thynges shall we obtayne, wyth Rosed Hony strayned, Aqua vitæ, & the pouder, whych we shal order in ẏ cure. Neyther must you maruayle at the matter, my frend Soareneſſe, and your Felowes, as dyd one, when he heard a man say, that Hony was moyst in feeling, and dryyng in vertue and workyng. Verely of hys corpulency, if I may so say, it moysteth, but as touching his qualitꝑes & vertue, hys operacion is dryyng. But it was no wonder, that the young Phyloſopher, dyd not perceyue the matter: Alas he had not yet read ouer bookes of simples, neyther the Pryncyples of Philoſophy. Lady Ignorannce caused him to muse, but not to search the cause, as did the Phyloſophers, as Aristotle wryteth, in his supernaturals. He woulde not haue maruеyled, if hee had read Aristotle concerning the mynglinge of the Elementes: whereby hee shoulde haue easely perceyued, that Hony is of the Qualitꝑes, whereof I reported it to be, by reason of the complection in myngling, if it bee aduisedly consydered, according to his essence and Nature. And if there shall bee any man, whych shall not perceyue throughly, the Nature of the Symples, contayned in Medicines, yet let hym assuredly perswade hymselfe, that I wyll describe no other way of Cure, than I haue wrytten, and haue got thereby, both profyt and good well spent tyme: yee haue heard the cautelles and prouisions, whych I recken necessary. Nowe wyll I orderly describe you the cure.

When to dry & whē to moyst a wound in ẏ head.

Then, when yee fynde a Clift, by reason of a Bruse, yee shall obserue thys order: if ye mynde to cure it rightly, in hys kynde. Fyrste, before all other things, cōsider whether it be wyth depression, & infolding of ẏ bone, or not. For if it be with depression, or infolding, all that, whych is bruſed, must needes be taken forth: because it woulde otherwyse prouoke some apostu-

Beware of sharpe prickyng bones in the head for hurtyng of ẏ Brayne.

apoſtumacion. For why, in that caſe it coulde not be otherwyſe, but ſome gobet of bone would be vnder the ſcalp, pricking the vtter rimme, or Dura mater. And in thys caſe heare them not, whych ſhall counſayle & perſwade, to remooue part of the bruſed, and to leaue part. For theſe men cannot remoue the whole cauſe, in as mutch as in every little part of ỳ bruſed bone, may be ſome ſhiuer, whych by priking wyll come to apoſtumacion. Therefore to auoyde, and eſchue the ſayd cauſe, let vs take forth all the bruſed. But if the clift be founde, wythout depreſſing of the bone, ye may not cut out altogether, but only make an hole in that part, where the matter ſhall moſt eaſely come forth. And to the perfourmaunce of thys worke, yee haue three proper inſtrumentes, the Sawe, the Cheſill, and Wimble, amongeſt whych we haue moſt neede of the Wimble, becauſe I fynde in it more cõmodity than in other inſtrumentes.

Sawe, Cheſill, and wimble for the hed

Fyrſt, it will lightly make ỳ hole, yea, and that without mutch moleſting of the Pacient: whych thyng cannot be done, without raſpatory. Againe it wyll make an hole, and euentacion, meete for the Paſſage of matter. Howbeit, there is one great diſcommodity, in thys inſtrument, whych is, it wyll lyghtly pearce the Brayne, if it bee not handled of a ryght experte Worke man, in that behalfe. But thys chaunceth vnder hys Handes, who alwayes turneth the Wimble about, after one maner faſhyon, where he ſhould vſe a trimmeling kynde of mooving the Wymble, for if the Wimble paſſe through, by the rounde mooving, and ſo touch the Dura mater, it will cut and rent the ſame, which doth lyghtly happen in a tremblyng mouing. For if it touched the Dura mater, it myght wel pricke her, but not pearce her through. Wherefore, it would leaue her whole and ſounde. And therefore, who ſo would exerciſe thys feate, ought to haue a light hande, and witty head togeather, wyth a ſad Judgement, and not to be taken from among them, that haue vſed to handle groſſe matters, and occupations: as Digging, or Plowing, heauing of Tymber, and currying of Horſes. For theyr handes be hardened wyth labours, and may not lightly feele when it is through the bone, if they lay lode on theyr worke. And therefore thys worke muſt be done, wyth moſt exquiſite diligence, and circumſpection, leaſt wee ſlea Men, whyles we labour to preſerue them. For thys cauſe, you muſt gieue ſome attendaunce to them, whych handle thys woorke manlike: ſo that ye may the better, and wyth more ſauegard, attempt thys cure afterward. Now, as ſoone as the ſcalpe ſhalbe holed, ye ſhal wyth al ſpeede poſſible, power in ſo mutch Roſed Hony ſtrayned, as ſhall be able to couer the rimme of the Brayne. Thys haſt is made, leaſt the Ayre be entred in, and made alteracion in Caphelica, next power Aqua vitæ vpon the Hony, till the hole ſhalbe fylled, whereunto ye ſhall caſt ſo mutch of thys pouder, as may ryſe the depth of a Knyffes thicknes, from the Rimme.

The Wymble is beſt to perſe the heade, to purge forth matter, if it be vſed diſcreetly.

A witty heade and a ſteddy hand, is fit for a good Chirurgian.

Make haſt in the cure of the head to defend ỳ ayre, which wyll corrupt.

R. Aloes, Epatike, Sarcocol, Myrrhe, ana. ʒ. i. ß. Incenſe. ʒ. i. Dragons bloud. ʒ. ß. and. ɜ. ß. of Saffron myngle them together, and pouder them fynely, for the vſe we ſpake of. All thys doe we, to ſaue the Complexion of the bone, and pannicles, after the mynde of Auicen, and Galen, as is alledged before. When ye haue thus done, take ſo mutch of a Sponge, as may bee

ſufficient

ſufficient to fill the hole: and thys is done for two conſiderations. The fyrſt is, to exclude the noyaunce of tentes. For a Sponge wyl gyue place to the ſtretchyng of the brayne,and tentes can not,but ſome whyles cause apoſtumacion,by reaſon of their reſiſtaunce and ſtubberneſſe.The other cause is,that the matter is ſone drawen forth,from the pannicles. For it myght alter,if it remayned any whyle, or els be impriſoned, whych is no rare and ſtraunge thyng,to ſee daily in the cures of theſe lyght and commō Practicians. After al thys, fil the wounde wyth Aqua vitæ,pouder,& linte: applying vpon the ſame a peece of cloth, anoynted wyth Vnguentum Baſilicum aboue deſcribed, to the intent the medicines be retayned there. And when yee haue accomplished all theſe thynges in order,lay thys plaſter on the head ſhaued.

Weyk tendrely inſ Reſte of the head.

Take Camomell, Melilote, ana. M. iij. Mirtilles. M. ij. Cipreſſe nuts, rb. red Roſes,and Wormewood. ana. M. i. Beane meale, & Lupine meale, ana. ℥. iiij. Bray all that ought to bee brayed, and ſeeth them altogether, in newe, whyte Wyne, and Barbers Lee,of lyke porcions, vnto ſutch time as it ſhall be lyke a Cerote. After thys,ſpreede it on a cloth warme,and apply it to ỹ head. Thys plaſter is vſed for many purpoſes. Fyrſt,to comfort the head, by ſtrengthing of the complexion,next to defende from colde,and rectify the ayre, whych is incloſed. Thys is it that Auicen ſayth: Oportet vt vehemens caueatur frigus, etiam in æſtate, quoniam in eo eſt timor magnus. Wee muſt beware of behemēt colde,though it were in Sommer,becauſe there is great feare in it. He meaneth that the Ayre muſt bee rectified, namely, whych entreth into the head, at the opening of the Scalpe. For ſome wyll go in. whether yee wyll or not to fulfill the roome, in as mutch as nature cannot ſuffer any place to be vacant,or empty, as the Philoſopher doth wryte. He meaneth not that the whole ayre of the Chamber,oughte to be rectifyed, as ſome Practicians thincke,and wouldе fayne be ſeene to be circumſpect in the matter. Thyrdly, to procure digeſtion. Fourthly, to drawe ſanious matter, as ſoone as it is generated, and retayned in the Sponge. Fifthly, to reſolue the matter, whych is wont to cauſe Apoſtumacion. For oft tymes (as ſayth Galen, whom Auicen citeth) apoſtumacion followeth whatſoeuer inſtrument ye vſe,whych yee ſhall preuente and eſchue,if ye apply the former plaſter on the head. And thys may eaſely appeare, if a man conſider diligently, the Simples in the playſters. Now, thus ſhall you proceede in the cure, vnto ſutch tyme as the Cicatrice ſhall be produced: alway iterating and renewing, the former medicines, as often as they ſhalbe olde,and diſmitted. But in aſmutch, as the fleſhe groweth here aboue hys place, ye ſhall repreſſe and keepe it downe, wyth Roche Alum brent, applying it alway, in the circuite of the ſuperflous fleſh. But moderate the Alum in ſmall quantity, that it cauſe no doiour, by reaſon of his bytinge, & mordicacion. Thys is the ſelfe ſame maner, whych hetherunto hath bin vſed in cures, wherewyth haue bin holpen aboue many hundred perſons, in our tyme: but I neede not heere make rehearſall of theym, ſith a manyfeſt thyng ſhall neede no Witneſſes. But I ſay, I remember one thing, whych was almoſt forgotten negligently,and is neceſ-

A very good emplaſter for the head.

Take heede of colde,in a wounde of the head.

There is no place empty, for ayre filleth euery open place.

To correct proude fleſhe.

ſary to

sary to be obserued about opening of a scalpe, whych is thys. When yee open the scalpe, in such cures, and make an hole for the forsayd purposes: be you ware that yee touch not any seame of the scalpe. They bee fyue in number, two vncomplet and false, and three true seames. The fyrst is named Coronal, of a crowne, because the crownes be worne in that place, & it is in the former part of ỳ head: the second Lambda or Lauda, lyke ỳ Greeke letter, λ, which is in the hinder part of the head. The thyrd true seame, Sagittal, like an arrow, vnder the partyng of the haire, whence one ende toucheth the seame Coronall, and the other Lambda, in the hynder parts: the two false seames, be at sydes in the regions, or plattes in the temples. Now in case any clyfte or chynne, touch eyther of the two, we must vse mutch diligence, and circumspection. Note here also, that clyftes and chynnes, may chaunce in the sayd seames: either in length, whych is, when the clyft together wyth the seame, make iiii streyght angles: or els in breadth. If it chaunce in length, the bone must needes be bored, and holed on both sides, of the seame, because the partition of Dura mater may not bee touched in the Worke. I say it must needes be holed on bothe sydes for as mutch as it may be, that bloud be fallen from the veines, in both partes, and there be congeled. For if we would feele, or worke in the seame where Dura mater is bound and stayed (as do they, whych come fro practice to Chirurgi) we might well feare and doubt, of suffocacion of the brayne, because the rimme being losed, should presse it downe, and so choake it. And that we should make no such loosing of Cephalica in the place, we are admonished by Cornelius Celsus, in the Chap. De caluariæ curatione. Howbeit, he doeth it in consideration of Hippocrates confession, where to the profit of hys posterity, he confesseth that he was deceyued, working in a seame. Where fore, yee shall not worke in any seame, least yee be deceyued, as was Hippocrates, Prynce of Physicions. But if ỳ fissure or membrana chaunce in bredth yee shall make holes in the same, in both sides of the seame: alwayes obseruing thys, that neyther partition, neyther seame be touched at all. When these holes be made, yee shall finishe the Cura, according to the order and maner, as was before prescribed. And as for the chinke, yee shall doe in lyke maner, if ye be assured, that it perce and run through the scalpe. On the other syde, if it go not through that part of the scalpe, whych they call vitrea tabula, that is, the Glassy table but only come to the Spongious bone: Ye shall proceede to the cure, wyth Aqua vitæ, and the pouder alone, whych shalbe sufficient. Now if yee list, ye may playne and abate the bone, about the riuen place, whereof wyll followe sooner incarnacion, and causing of the Cicatrice. These be rules, and orders in ỳ cures, whych are not mutch vsed in hard maladies proceeding of a cause primitiue. Nowe therefore, haue you that, whych ye so earnestly haue required: A gifte in myne opinion, as great as my poore knowledge is able to bryng to passe shortly for the help of mankinde, whych is in Soarenesse, but yet I dyd keepe these thynges long wyth my selfe, to the intent I myght once at least, so soone content your myndes. But whether I haue so done, as myne entent was,

I am

Fiue seames in the scalpe.

Sagittalis siue discriminalis.

How suffocacion in the Brayne may come.

I am vncertayne. For why, I am become in theſe treactiſes, as one that buildeth hys houſe in the middes of the Market ſteede, about the whych, as touching the heyght, and breadth, among the lookers thereupon aryſe alteracion, & controuerſy, whereas the Builder thought hys worke of conuenient proporcion. So feare I, leaſt perchaunce my doing, ſhall ſeeme to ſome, abiect and baſe, and to ſome other, to obſcure or darke. But certes, in aſmutch as I am not able to pleaſe al ſortes, I thought it beſt, to retaine the meane way in ſpeaking, ſpecially ſith I neuer lyked, to flye ouer ẏ tops of trees: but playnely to go a ſoft pace, & as it were wyth a leaden foote, to the intent, that who ſo liſted to ouer get me, myght the eaſier attayne thereunto, wythout payne full trauell in theyr Journey. And thus gentle Soareneſſe: wyſhing God to ſende thee health, and vs ſto meete meryly agayne: I make an ende wyth a Cautery good for thy purpoſe: and a rule to helpe the ſtone.

Soareneſſe.

But fyrſt how make you the red pouder, for the parting water?

Chirurgi.

YOu muſt make it thus. ℞. Of water wherewith Goldſmithes doe ſeperate golde and ſiluer, whych is greene, when it hath ſeperated the mettalles: of thys take. ℥. vj. of Quickſiluer. ℥. iiij. myngle them together, and put them eyther into a little ſtone Limbecke, or Still, or elſe into one of Venice glaſſe, well luted wyth clay, bothe the head of the Still, and the parte whereupon it ſtandeth, and alſo the receyuer, whereinto it droppeth, that none paſſe away. Diſtill it on a ſofte fyre, in a cloſe Furneyce. Your parting water is thus made.

A goodly water of greate ſtrength, to ſeperate metall good for to conſume rotten fleſhe.

℞. Salt Peter, Alum Roche, and Romayne Vitriall, ana. ℔. ij. beate them together in a Morter, then put it into a double glaſſe, well luted, or ſo ſtopped, that no ayre do tranſpire, or go forth: thys wyll make a ſinguler good Water, drop one gutta or drop vppon the grounde, and you ſhall ſee it boyle, as though it were on the fyre. Theſe are profitable, to the worke of Chirurgj, in foule ſoares, and Vlcers: here is good occaſion myniſtred, to ſpeake of making of Medicines. But I referre that, to the bookes of Compoundes, where there are not onely good ſtore of them, but alſo good medycines, no leſſe profitable to Chirurgj, than needefull to Phiſicke.

Soareneſſe.

Now how make you Lee, to open, in the maner of a Cautery?

Chirurgi.

MAke it after thys faſhion. ℞. A prety rounde Tub of two gallons, wyth a hole in the bottome. ſtopped, put into thys Tub, aſhes of the Aſhe tree. Make a hoale in the middes, to put in a pottell or more, of vnſlecked Lyme, and powre vpon it quickly hoat Lee, as mutch as ſhall couer the Lyme, and wyth all ſpeede couer it wyth Aſhes, that ẏ ayre may be kept in, for two Dayes: the

A good Lee for a Cautery

thyrd vnstop the hole, and let the water distill, from the Lyme and Asshes, and skrepe thys in a close Vessell. Thys wyll quickly open any part that is soare, as apostumacions wythout payne: and if an Egge wyll not sinke in it, but fleete, then it is good Lie, for the purpose.

Soarenesse.

THere are good ponders, profitable to your Arte, I pray you learne mee some of them, to clense dead Flesh: and as for ỹ booke of Compoũds, I wyll reade that at moze leysure.

Chirurgi.

A good ponder for rotten flesshe.

I Wyll teache you to make a trosse, to clense rotten Flesshe, wbych is. ℞. Water of Plataine. ʒ. vi. Mercury well sublimated, & made in pouder. ʒ. ß. Seeth them in a little Pan, to the consuming of the fourth part: then let it stand. xij. houres, after kneade it with a little Beanemeale, and roule them vp into a trosse. Note also, that you must mingle so mutch Vermilion, wyth the Beanemeale, as wyll colour it: dzy thys trosse, in an Ouen, oz hoat Sunne.

Soarenesse.

How make you a potenciall Cautery?

Chirurgi.

A potenciall Cautery.

TO make a Caufery. ℞. Of the strongest Sope Lie, as mutch as wyll suffyse, put it in a bzasen kettle. Put thereunto. ʒ. i ß. Romayne Vitriall, let all seeth vntill the Lyquoz be consumed, then gather vp the Fome, that doth remayne: and keepe thys to open Apostumacions. Foz in opening wythout payne, thys doth excell all other.

Soarenesse.

BUt that the tyme is farre spent, and I haue put you to mutch paynes, els I would haue learned some thyng, to haue taken away Grauell & Stone, from the Kidneys, Raynes, and Bladder.

Chirurgi.

For the stone a good regiment.

AT thys present, I haue no tyme conuenient, to serue that turne at large: it requireth no small trauell. Foz like as among all moztall euills, the Stone is the greatest: so the cure is most cunning. Notwythstanding, I shall by Gods grace intreate, hereafter at large, the Diet, the proper medicines, cure, and cutting of the stone. But yet in the meane tyme, let the Patient keepe hym warme. Eate no salt fysshe, oz Flesshe burnt, rosted meates, hard Cheese, oz slimie thyngs, ingenderers of vitious humours, grosse oz clammy. Oz dzynke hoat Wynes, oz eate Venison, oz any water Foule, oz bee costiue bellied, oz keepe theyr Backe hoat. &c. The signes of the Stone are euident, as payncs in the Raynes, Bladder, Parde, Loynes. &c. Wyth paynfull lamenting and cryng, stopping of the Vryne. &c. The causes are many, as of Parentes, of euill Diet, wyth many euill accidentes. The vryne often tymes doth declare the euills of those partes, as Hippocrates in the thyrd part of the. iv. of hys Aphorismes affirmeth, saying: Si sanguinem aut pus mingat, renum aut vesicæ exulcerationem significat. To make water, oz pisse bloud, oz els filthy matter: it signifyeth Soares

Hippocrates. Why matter commeth frō the parde.

eth Soares and Byles, eyther in the Rayres, or els in the Bladder: and assuredly, sutch Soares, and Ulcers, come from the stone the whych doe excoriate, fret, cut, and cause both Bloude and Matter wythout vryne, to come forth at the Yarde. But sometyme pure bloud is pissed, of the breaking of a Veyne: and sometime from Women, for the secret infirmity, or naturall passion, through clensing of termes. But grauell in the Vryne, betokeneth the stone in the Bladder, sayth Hippocrates, lib. iij. Aphorism. Quibus in vrina velut arenuæ subsistunt, ijs vesica laborat calculo. Furdermore, it is exant possible, for olde people to be helped in the Raynes, or Bladder, for ỳ stone. Specially in great glotonous people, as Dronkardes with Ale and Beere: or els them, which were neuer satisfied with Lechery in theyr youth &c. Howbeit, to speake a little, for the help thereof, two thynges must bee considered. Fyrst, the preseruatiue. Secondly, the curatiue. The preseruatiue, by good Dyet, and wholsome regyment of Lyfe, as what yee do eate, the maner of eating and drinking. The tyme, the place, the quality and the quantity of the sayd meates and drinkes: as meate of light digestion cleane Bread wythout Bran. Not to bee to mutch hoat or colde, neyther mutch trauell, or sitting still idle, but good exercise. &c. And note, when the stone is in ỳ Bladder, then it is harder than that whych is in the Raynes, and more burnt. Now, if your grauell come of heate, or through hoat accidents, as wyth hoat Wynes, Labour. &c. Then follow. C. Galens Syrupe, whych is most excellent also, in thys our age, and is thus made.

Hyppocrates, why matter commeth from the yarde.

why men doe pysse bloud.

A reward for Lecherie.

Preseruatiue Curatiue.

Galens Syrupe for the stone.

℞. Syrupe of Endiue, of Sorell, of water Lillies, ana. ℥. b. the Waters of Fenell, of Endiue, ana. ℥. i. mingle them together, and geue the Pacient to drynk, Morning and Euening: and anoynt the Raynes, wyth Galens colde oyntment, whych is wrytten in the Compoundes.

Soareneſſe.

But what remedy, when the Stone commeth of colde?

Chirurgi.

GALEN must put to hys helping hande, whych wylleth, when sutch contraries do happen, when nature is so chaunged from heate into coldneſſe, or if it were colde from the beginning: then to help wyth warme thynges, to dissolue, and thys was hys remedy. ℞. Theriacæ Galeni, ℥. i. Syrupe of the Barkes of the Citri. ℥. i. warme water, as of Carduus Benedictus. &c. ℥. ij. mingle them together, and geue your Pacient, or take it your selfe ten dayes: For it is no lyght trifling Medicine, but most effectuall, and substanciall, inuented by Galen. And lyke as in hoat burning of the stone, to drynke cleane Whay, or Butter myke is good, and to eate Purslen: euen so in the case of coldneſſe, Hares fleshe sodden with Capers, and young Nettles is best, and a morninges to eate halfe an Ounce of newe drawen Cassiafistula myngled wyth Suger: and to drynk Whay of Goats myke. Oh that Men would forsee, the euilles agaynst Nature, as Feuers, Pose, Leapers, Goutes, Stone, Cankers. &c. And take in hande to helpe them, in theyr fyrst Spryng, for then they would bee soone helped.

when the stone cõmeth of colde.

Good potage for the stone.

Men do want prouidence, to forsee their owne euilles.

Fire and water be good seruauntes, but euill maysters.

As example. Fyre and Water, are good Seruauntes, but euill Maysters. For if they get the victory, who can rule them? the proofe is manifest: for it is easy to quench a fyre in the beginning: but when it hath gotten holde, of the Thacke, Sparres, Beames. &c. then it is to late. So when vyle humours haue incensed the blood, Veynes. &c. And haue gotten the victory, rebelling against good nature: then it is eyther to late, or els to hard, to put them away, and bring nature agayne, to hys good estate. Yet it hurteth little the Physicions, Chirurgians, and Apothecaries, to vtter theyr knowledge, and also theyr Wares, wyth promises fayre and falle, in matters past cure. For golde hath no corruption, although it be gotten wyth a corrupted Conscience: But to our matter. Take thynges in due tyme, for tyme wyll neuer be called againe, do what you can. Howbeit while as the body is yet lyuing, there is left some help to releeue, or repayre it agayne: and in suche case of grauel, or ý stone, what haue euer done more pleasure, than Clisters, or Enemaes, mynistred beneath at the Fundament? nothing truly, cutting excepted. Yet in cutting, vnlesse the Chirurgian be very cunnyng, the Patient wil soone cry: Quare de vulua eduxisti me? And although the Chirurgian haue great knowledge, yet one Patient doth skant scape among an hundred, happy man by hys dole. On the other side, there be suche bodyes, when they are newly clensed, and deliuered from Grauell, or the stone: eftsoones the bodies are suche, that they haue it agayne as paynfully, as at the first tyme. And some of those bodies, haue the property of the Mouth wounde, in dying, or turning into dust: And other some haue the property of Frost, to coagulate, to make colde, and turne soft thynges into hardnesse, as Ise is. Therefore in suche euilles doe thus. Make a Clyster after thys maner.

Cutting of ý stone, is perilous.

Example.

A goodly Clister for to help the stone.

R. Milium solis, or els the Berryes of Alkakengi. ℥. bi. cleane running water. Pi. iiij. seeth thys vntill the Water be halfe consumed, then straine it, of thys water take a pynte or more, for your Clister, putting thereunto the Dyles of Dill, Camomell, and new Butter, ana. ℥. ij. and a little Salt: thus is your Clister fynished, and made, mynister it warme but not skaldyng. Though thys seeme a playne Clister, yet it is maruelous good in worcking: and clenseth not only grauell, but also helpeth the Cholicke, and paynes in the Guttes. When ye haue mynistred thys, then followinge wythin three dayes, mynister thys, for it is of great vertue.

Another synguler good Clister.

R. Of the decoction of Mallowes, Pariatory, Colewortes, Holihocke, Smalage, Sitrach, Polipodium, Carduus benedictus, Alkakengi fede of eche lyke quantity of these. Pi. i. Dyles of Dill, of Camomell, of Lilies, ana. ℥. i. ß. Butter. ℥. ij. Hiera simplex. ℥. i. and a little Salt, mingle all togeather, and warme put into the Clister bladder, and Mynister, as is afore sayd. If you haue not thys choyce of Dyles, you may take cõmon oyle of Olyues. Thys Clyster is most excellent good, for the stone and grauell: it hath vertue to open, cleanse, waste, and shower wythout daunger, peryll, or hurt. When thys is done speedely, haue thys Cataplasme at hande, and warme apply it to the payned place: whether it be in ý Raynes, or the lowest parte of the Belly, or Flanks, let it be done oftentyme, haue two in store, to lay vnto the place warme, one after an other, it is thus made in good order.

R. The

℞. The Leaues, and Stalkes of Pzaſſium, of Mallowes, of Holyhocks ana. M. iij. ſodden in the Bꝛoath, wherein a Weathers head hath bin ſodden. Serth herein alſo the rootes of Mallowes, well beaten in a Mozter. ℔. i. the Huſcilage of Fenigreeke, and Flaxe ſeede. ana. ℔. ß. then let it bee ſtrayned fozth ſtrongly, to thys Juyce put the Dyes of Dill, Camomell, whyte Lylyes. ana. ʒ. iiij. freſhe Butter. ʒ. vj. Hony. ʒ. ß. boyle all togeather in a cleane Pan, put in Bꝛan of Barly, and Meale, temper all wyth a ſpycke, vntill it come to the thickneſſe of ſoft Paſte: ſpꝛead it in two ſeuerall Cataplaſmes, and warme apply one of them after an other, to the dolozous place. And when one is colde, then apply on th'other oftentimes, thys is of a ſinguler operation: wyth thys, that great learned Man, mayſter Doctoz Marianus hath done mutch good, and thys I haue alſo pzoued many tymes. Then to make ỳ matter perfect, geue your Pacient to dꝛynk Benedictæ laxatiuæ ʒ. vj. tempered wyth cleane odoꝛiferous, warme whyte Wyne, a quarter of a Pynte oꝛ moze, when thys is done: wꝛap hym in warme clothes, wyth head well couered, and ſo let hym ſweat. And thys cleanſeth the Rayns, and Bladder, equall wyth any other: except you wyl haſard your Lyfe, in cutting. Furdermoze, note a great ſecret, whych I do diſcloſe foꝛ the ſake of mankynde. Let the Pacient haue the ſtilled Waters, of Saxifrage, Parietary, Perſily, Filipendula, and Smalage, altogether. ana. ʒ. iij. and put into thys water, thys pzecious pouder following. ℈. i. ß. oꝛ. ℈. ℞. Perſily rootes cleane waſhed and ſcraped, I meane theyr ryndes, and Perſily ſeede, ana. ʒ. vj. oꝛ moze, and. ʒ. viij. of the Flowers of Iringium, oꝛ the Sea Thiſtil, and alſo Iringium rootes, and the rootes of Carduus Benedictus. ana. ʒ. ß. Cut your rootes fynely and thyn, and put all togeather in a cloſe veſſell, into the Ouen, vntil they bee dꝛy, and then make pouder: keepe it cloſe from Ayꝛe. And when occaſion doth ſeꝛue, temper your foꝛeſayd quantity into your Waters, oꝛ els wyth whyte Wyne oꝛ Chicken bꝛoth, dꝛynk it warme. Alſo note well thys Syꝛupe foꝛ ỳ ſtone, wherein ỳ Pacient may take euery ſecond nyght warme. ʒ. ij. ℞. Rootes of Holyhocke. ʒ. iiij. the Leaues of Mallowes, Filipendula and Parietary. ana. M. ij. the ſeede of Perſyly, Fenegreeke, and Flaxe. ana. ʒ. i. Iuiubes in number. xxx. cleane ſcraped Lyquoꝛyce. ℔. i. the rootes of Sparagus, Carduus Benedictus, Iringium, Perſyly, and Fenyll. ana. ʒ. ij. ß. ſeeth all theſe in. ℥. ℔i. wayght of cleane running, oꝛ Well water, vnto the thyꝛd part be waſted: then ſtrayne it, and put vnto thys Decoction. ℔. i. ß. of cleane whyte Suger, ſtyꝛe it, and make your Syꝛupe, and keepe it in a cloſe Double Glaſſe. Theſe foꝛeſayd thynges are excellent good, to bee ſodden in cleane whyte Wyne, puttyng thereunto. ℔. i. of the whyte Guaicum raſed, and put in a Veſſell of thꝛee gallons, made cloſe in the mouth: and ſo put into a fayꝛe great hollow Caldꝛon of water, and ſo to ſeeth foure houres, then take it from the fyꝛe, and let it ſtand vntill it bee colde. Then open it, and ſtrayne it, and keepe it cloſe, to dꝛynke at all tymes.

A good Cataplaſme foꝛ the ſtone.

A dꝛynke foꝛ the ſtone.

A moſt woꝛthy pouder foꝛ the ſtone.

A Syꝛupe foꝛ the ſtone.

And thus alſo hath *Rychard Bulleyn*, a zealous Louer of Phyſike, moze foꝛ the conſolation & help of th'afflicted ſicke people, bring pooze, then foꝛ ỳ

Rychard Bulleyn hys practice foꝛ the ſtone.

lucre and gayne, of the Money of the Welthy and Ryche, writtẽ. Thys Wan I say, although he profesſeth comfortable Cordialles, and Heauenly Medicines for the Soule, being a Deuine: yet he hath good Experience of many Infirmities, and Sicknesſes, infecting the Bodyes of Mankynde, and hath done many goodly Cures, whych I doe leaue vnwrytten, both for the prolixity of tyme, and also for that no adulacion, flattery, or any priuate affection should appeere, or be suspected in him the authour hereof towardes hym the sayd *Rychard Bulleyn*, because hee is hys naturall borne Brother: but to the matter, hys Medycine for the Grauell in the Raynes, and Stone. And thus hee wryteth in hys prety Worke, which if it please GOD, shall hereafter come abroade to the profit of the commõ wealth, of the Englishe Nation. And thys is hys compendious order: Sayth hee, the great Dolour, Phlegmon, or Vlcer of the Raynes by the whych Raynes, Vryne is conueyed into the Bladder &c. or the Stone in the Bladder: doe cause great paynes in making of Vryne, whych Vryne is often stopped, or els pisseth little atonce, with excoriation, and Blonde. Where grauell, and ragged stones, comming of grosse, salt, hoat matter, biscuous humours: after long hoat burning Feuers, euill Diet, Cheese, olde poudered Beefe, Bakon, Venison, salte Fishe, hoat Wynes haue bin vsed in Diet. The stone is oftener in the Bladders of the leane hoat Men, which haue larger vesselles, then in fat persons hauing small vesselles, and colde moyst fat bodies. &c.

Two thinges considered in the stone, for the cure of the same.

The stone, sayth he, after the Mynde of Galen, in the Raynes is lighter, lesser, softer, and redder, declyning somewhat into Graynes, but in the Bladder, it is greater, heauier, harder, greeuouser, in colour whytishe, or more adust, and both these are daungerous, and skant curable. After one is. xl. yeare olde: as sayth Hippocrates. Aphoris. Quicunque nephretici sunt, non sanantur post quadraginta annos: Who so hath the passion in the Raynes, after. xl. yeares, is past cure: the regiment in the cure is double. The fyrste is, to prohibite the generacion of the stone. The second is to displace, or remoue it, when it is growen. The fyrst intencion hath fyue thynges, not naturally, directly contrary agaynst the stone. As ayre, grosse, mysty, cloudy. &c. to be fled. for it doth ingender grosse matter.

Meates and Drynkes, as grosse Wyne, and salte meates, burnt things, colde water, whych wyll bryng grosse matter, and breede the stone.

Labour immoderate, to mutch exercise, which ingrosseth the bloude:

Solitarinesse, mutch study, no trauell, or Lechery immoderate, which are great enemies to nature.

Great affliction of the mynde, watching, fasting. &c.

To help these euilles, doe thus, as followeth.

Vse meates of light digestion, in due tyme, place, and order.

Moderate labour betwene meales, to help digestion, and make the body strong: and to beware of Listes, Wrastlinges. &c. that wyll hurt the body, being vsed immoderately.

Of all

Of all thynges to beware of Idleneſſe, the mother of euilles, and nouriſher of as many ſickueſſes to the body, as are cauſed thrꝛough glottony: & ſpecially, of to mutch copulacion carnall.

Vſe pleaſaunte Muſicke, and thynges to delight the ſpirites: for Melancholie, whych is colde and dꝛy, is a great furderer of the ſtone: & when theſe are done, vſe theſe thynges followinge.

R. Syꝛupe of the two Rootes, Hony of Roſes, Syꝛupe of Vinegar ſimple, Syꝛupe of Fenell, Syꝛupe of Saxifrage. ana. ℥. ß. the water of Fenill, of Wozmewood, of Perſiley, of Maydenhayꝛe, of Alkakengi, ana. ℥.i. mingle them, and temper them warme, and dꝛinke thys oftentymes, mozning and euening, vntill the matter flegmatike be digeſted. Then vſe this potion, to purge the ſayd digeſted matter in this ozder following. R. Of the decoction of the foure great hoat rootes, into whom put theſe ſeedes, Perſily, Saxifrage, Aniſeedes, Smalage, Fenell, Aſparagus. ana. ℥.i. ſeeth theſe together, then ſtrayne it, and put into the ſame, Electuariæ de Caſſia, Diacatholiconis. ana ℥. iij. Diaphiniconis. ℥. ij ß. mingle theym in warme dꝛynke, wyth Hony of Roſes, to make it ſweete, and dꝛynke it warme in the mozning, wythin four dayes following, whych are of great vertue.

R. Bulleyns Syꝛupe for the ſtone.

R. Bulleyns electuary for the ſtone.

R. Pilles of Hiera Nicolai. ℥. i. ß make fyue pilles in number, rounde, new and gilted, and take them eaꝛely. Dꝛynking the Bꝛoth of a Chicken, wythin. ij. houres following. Then apply thys Emplaſter warme into the Raynes, the day next after your Pilles.

R. Bulleyns Pilles for the ſtone.

R. Crummes of two Manchets newe baken, and thꝛiſty Fygges, thꝛee yellowe Volkes of Egges, Saffron. ℥. i. freſhe Butter. ℥. ij. ſweete Roſe water. ℥. vi. let all ſtande in a Mozter ten houres, then beate all wyth a Peſtle. Then ſpꝛeade it vpon a clothe, & very warme apply it to ỳ Raines, renewe it ſtill warme, and apply it to the Raynes agayne. Then haue at hand thys Cliſter following, to take after the Emplaſter hath remayned, by the ſpace of fifteene houres.

R. Bulleyns emplaſter for the ſtone.

R. Dyle of Dyll. ℥. vi. clene whyte Wyne, ℥. viij. new freſhe Butter. ℥ iiij Capons, and Duckes greaſe, wythout Salt, Caſſiafiſtula newe dꝛawen from the Cane. ℥. ß. the volke of one Egge, wyth a very little fyne whyte Salt, temper all in a Pan, to the ozder for a Cliſter, and warme put it into the Bladder, and ſo myniſter towardes Euening, and aſſuredly theſe bee goodly reamedyes for the Stone. The whole Regiment for the ſtone, deuyſed by the ſayde Rychard Bulleyn, ſhall by Gods Grace, ſhoꝛtly come foꝛth, to the pꝛofyte of the commmon People.

R. Bulleyns Cliſter for the ſtone.

In thys

The Anatomie.

IN this place, good Reader, but ỹ infortunate hap hath pr̃uẽted me wyth lets, elſe aſſuredly, I would haue wrytten at length, the whole large Anatomie of ỹ body of mankinde: but here I do end, only wyth ỹ names of theie bones at this preſent time vntil hereafter, if God will ſuffer me to doe moze, I am then youres.

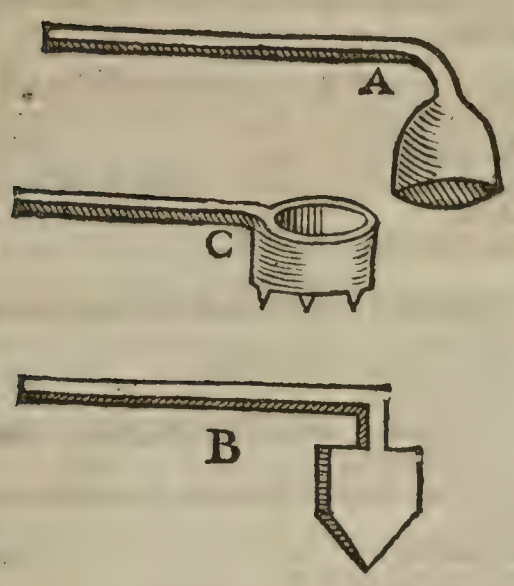
i. Os frontis. vel coronale.
ij. Oſſa furculæ.
ij Oſſa petroſa, vel lapidoſa.
ij. Os laude.
i. Os baſilare, vel polimorphon.
ij Oſſa naſi.
ij. Oſſa celatorij.
xx. Oſſa mandibulæ, ſuper.
ij. Oſſa mandibulæ infer.
xxx. Oſſa ſpondilia. vera & mendoſa.
ij. Parietalia.
ij. Spatulæ vtriuſq; Humeri.
Os adiutorij.
ij. { *Focile vel radius.*
xviij. Oſſa manuum digito.
x. Oſſa pectinis manum.
ij. Oſſa focile minus brachorum.
xxiij. Coſtæ veræ & non veræ.
Malleoli.



vij. Oſſa thoracis
i. Os cordis.
i. Os Epiglottale.
ij. Oſſa ancarum.
ij. Patella & rotula gen.
ij. Oſſa chaab tibiarum.
ij. Canna tibiarum.
ij. Os nauicularis, hoc nauiſama.
viij. Oſſa plantæ pedis.
ij. Os baliſtæ.
ij. Tubercula femoris
Os maius tibiæ.
Crus.
Cubitus.
iij. Oſſa caudæ.
i. Oſſa pectinis.
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A tergo & a fronte me finxiſti. Pſal. 139.

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FINIS.

¶ The ende of the Dialogue, betweene the Soare man, and the Chirurgian. By William Bulleyn. Marche. 1572.

Sickeneſſe.

How make you Alypta Muſchata?

Health.



Irſt take the beſt Gum of Laudanum. ℥. iii. of Stozar oz Styzax Calamita. ℥. ß. of lignum Aloes. ℥. ii. ſtacte oz the fatteſt part of Myrrhe. ℥. i. of Amber. ℥. i. Cãphire. ℈. i. ß. of Muſke. ℈. ß. of Roſe water aſmutch as you will, This doth help childzen whych be ſhozt winded, and the ſtraightnes of ỹ bzeaſt and wombe, which cannot keepe theyz Mylke: of thys wee may make excellent perfumes, which noble men be accuſtomed to vſe, it is oftentimes mixed with electuaries.

Sickeneſſe.

How make you your owne Antidotarie **which you vſe your ſelf?**

Health.



Irſt take of Myrrhe. ℈. i. of Opium, whych is the Iuice of blacke Popie. ℈. xviij. of Amomũ, ℈. vi. of Perſely. ℈. xv. of ſmalage ſeede. ℈. xii. of Squinantum. ℈. ix. Caſſiakiſtula. ℈. iiii. white Peper. ℈. iiii. blacke Peper. ℈. xv. of the beſt Muſtarde. ℈. xii. Stozar. ℈. vi. Siler Montan. ℈. iiii. of the beſt Mithzydatum Andzomachi. ℈. v. of Honie clarifyed, as mutch as wyll ſuffice, and as you iudge meete. The quantity which ſhall be receyued at one tyme of this is. ℥. ii. Take your Stozar with Hony, ſpzynkell oz caſt the other on dzy, ſeeth your Opium with ſweete wyne, ſodden to the thyzd part, vntyll it be as thycke as Honie. This is good agaynſt a quarten Ague, longe headache, the turnyng ſyckenes, the fallyng euyll, ouermutch wakyng, ſcenſines, the payn of the eyes, reumes, tothache, ſhoztenes of wynde, ſyghing, olde coughes from the Lunges: it cauſeth alſo the Spitell to be thycker, and apt to auoyde, taken wyth Hydzomell, which is made of Hony and water ſodden together, and if a man do ſpyt bloud, then it muſt be taken wyth Acetum mulſum. whych is made of Vinegar and Honie, oz els it ought to be receyued with Vinegar mixed with Water, oz wyth ℥. ii. of the iuice of Knotgraſſe, oz Plantan, howbeit you muſt adde oz diminiſh, accozdyng to the ſtrength of the pacyent. It is alſo a pzeſent remedy foz the ſtomacke, foz it conſumeth ſuperfluous humozs, and cauſeth a good appetite. It cureth the Hikeope and ſtoppeth vomitting, it moueth a man to auoyd wynde, both from the lyuer, ſtomacke, and lower partes. It helpeth payn of the Liuer, the yellow Jaundice, and all diſeaſes of Melancholie, the griefe and heauines of the Splene: it ingendzeth good colour, it purgeth downeward fleume and choler, it doth diſtribute meate digeſted in to his partes: it pzouoketh bzyne, and cauſeth the grauell in the raynes and bladder to auoide, it cureth Illiica & collica paſſio: taken with dzynke it moueth a man to the ſtole, and cureth inflamacions in ſhozt tyme: it doth mitigate the gnawyng and payne in the belly: it doth heale and take away the ouermutch ſtretchyng fozth of the Matrice: when it cannot be eaſely taken in at the mouth, then let it be myniſtred with the Juice of Fenegreeke at

The goodly vertues of Aſſincritum.

the fundament, and so it will take away the payne in all the lower partes: it doth cure all dyseases of the matryce: it assageth the payne of Women wheych labour of chylde: it cureth the Mother and drawing vp of the Matryce and stretching of the same, it stoppeth vnnaturall Purgations, & purgeth corrupt & superfluous humours, it stoppeth Flures of blonde from the Matryce, if it be taken alone or wyth old Wyne: we may also vse thys in ỹ gowt of ỹ frete, & in Arthritica passio, which is a weakines in al the ioynets of superfluous humours, Spasmus called the crampe or contraction of synewes.

Sickenesse.

FOr as mutch as you haue shewed me the vertue of sundry symples before, now would I gladly learn how to compound medicines of sundry kyndes, to help me now in the tyme of Sickenesse, and fyrst what is Aromaticum Rosarum, and how should it be made?

Health.

FIrst take cleane redd Roses. ʒ.vb. and the best Liqueris scraped. ʒ, bij. Lingnum Aloes, Sanders yellow, ana. ʒ.iij. Cinamom. ʒ.v. Macis, Cloues, ana. ʒ.ij. ß. Gum Traganthum ʒ.ij. ə ij. Nutmegs, the great Cardamomũ called ỹ grayn of Paradice, Galangall ana. ʒ.i. Spicknard, Amber grise. ə.ij. Muscke. ə.i. & cleane whyte Suger, as mutch as will suffice, and so dissolue all together in the pure syrup of red Roses.

Sickenesse.

What is thys to my help being Sicke?

Health.

Gabrielis Ioannis Damascen. Nicholai Myrep. Leonardus Fuc. De com-. Medican,

THys healeth the weakenesse of the Stomacke, and doth comfort allthe pryncipall partes of the body, and wyll clense corrupt humours, foule and grosse matter remayning in the Breast, and Stomacke: it also refresheth the Brayne, and comforteth the heart, and causeth good Digestion, and dryeth vp superfluous moyster in the guttes. And euen so reporteth Nicholaus Myrepsus, Gabriell, Ioannes Damascenus, and Leonardus Fuchsius, men learned and dayly approued, to whom we must giue credence as to most worthy Teachers.

Sickenesse.

GOD is so iust and mercifull, that he wyl neyther suffer any vyce vnpunished, or vertue vnrewarded. Therefore these Men haue receyued the fruictes of their owne Labours, being good instruments to comfort the troubled, & heale the sicke that be afflicted with sundry infirmityes. Where as an infinite number through the beastly abusing of themselues, be plagued wyth fond foolyshe delightes, as inordinate riots, Banquets, surfeytes, actes Uenereous, Wrath, and other Passions wheych bring them all to my house, except Dyet wyth his brother quiet, and merry man meete these Companions in the way, and turne them backe ageyne, into the pleasant Palace of you mayster Health, wheych in all poynctes are

contrary

contrary to me poore syckenes, now subiecte to all myseries, as Feuers. &c. Wet of Charity shew me some holsome medycyne for dyuers infyrmites.

Health.

I Shall shew thee a very excellent medycine against sundry infyrmities, which Leonardus Fuchsius in hys compoundyng of medicines doeth greatly commend, and it is thus made. Take of Asarabacca, Balme seede, Henbane seede, ana. ʒ. ii. ß. of Cloues, Myrhe. Cipres, Opium, ana. ʒ. ii the iuice of Balme, Cynamom, Folium Indicum, Setwall, Gynger, Coste, Cozall, Cassiafistula, the Gumme Tragagantum, Spike, wyld Fenell, Frankinsence, Euphorbe, Storax Calamita, Cardamomum, Siler Mõtane, Mustard, Saxifrage, Dill, Anisseede, ana. ʒ. ii Lignum Aloes, Rubarbe, Rhaponticum, the confection called Alypta muschata, the Otters stones, Galanga, Opoponax, the fruicte, Anacardin, Mastyck, Brymstone vnsleked, Pionie, Seaholme, Roses, Tyme, Gladyan Peneryal, both round and long Aristologia, Gentian, the outward rind of Mandrager, Germander, Bayberies, yelow Carotes, Valeryan rootes, long Peper, whyte Peper, the wood of Balme called Xylobalsamum, Carawayes, Amomum, Parselie, Louage, Rew seede, ana. ʒ. ß. fyne Gold, lyttle Perles, lyttle Fishes called of the Apoticaryes Vnguis Odoratus, the bone in the heart of the red Deare, the shauyng of Iuorie, Calamus Aromaticus, Pelletarye of Spaine, ana ℈. vi. of Hony asmutch as you iudge meete.

Sickenes.

And what is the vertue of thys?

Health.

It helpeth reumes of the head, whych come of cold, the moystnes and runnyng of the eyes, the toth ache, and Head ache, if the forehead bee therewyth anoynted: it doth also cure the fallyng euyll, madnes, turnyng syckenes of the head, and to conclude, all maner of dyseases, which be about the head, it healeth all those whych be troubled wyth the cough, or haue superfluity of humours in the breast, the gnawyng and gryppyng of the mouth of the stomacke, whych the Grecians call Dispepsia, and the Latines Appetitus prostratus, which is a corrupted appetite: it cureth spittyng of blood, and the ache in the hyppe, or huckelbone commyng of humours, it asswageth also the Collyke, and scoureth the reines, it prouoketh a mã to pisse, and cureth the strangurian, breaketh the stone congeled, and taketh awaye all dyseases in the belly: it cureth quotidian and tercian Agues, taken with the iuice of Stichados, in the begynning of the fyttes.

Sickenes.

I Do heartely thanke you. I pray God I may receyue comforte by your holsome composicion, called Aurea Alexandrina. Now sir, for as mutch as I haue red the bare names, both of simples and compoundes, euen as men passyng through Cityes, fyelds, woddes and riuers, smally regardyng theyr vertues, condiciõs or properties, euen so haue I don: but now if it shall please your Maistershyp, I would request that in short questions, you shew me the Compoundyng of Aromaticum Garyophillatum.

Health.

WHereunto are wee Mortall wyghts borne, but one to helpe the other, the Poore to the Ryche the Wyse to learne the ignorant, the whole to comfort the sycke? For we which now bee in good health and feele no grefe, once shall decay, and fall into your myserable estate, finishyng our time in dolour, agonie and paine. And thus I am perswaded, that our liues can not bee prolonged one minute: for the almyghty hath set our course and end, whych we may not passe, no more than the Sonne, Moone, and the Starres can go out of theyr course and order, whych they be placed in. But Medicine easeth maketh cleane, and comforteth nature, taketh away payn but prolongeth nolyfe, and thus our Diuines say. But I beyng thy Potycary, neyghbour Syckneg, dwellyng neare thy Doore, wyll teach thee many goodly medicines: and now how thou shouldest make Aromaticum Gariophillatum. Fyrst take of Cloues ʒ. vii Mace, Setwall, Galanga, yellowe Saunders, Trochisdiarodonis, Cinamom, lignum Aloes, Spicknard, long Peper, the great Cardomomum ana ʒ. i, Roses. ʒ. iiii. grated Liquorice, Gallia muschata, Folium Indicum, Cubebes, ana. ℈ iii. of Amber. ʒ. i. of Muske ℈. ß. of Syrup of Pomecitron, as mutch as you iudge meete. This comforteth the stomacke and the heart, stoppeth vomityng, it consumeth also the corrupt humours in the stomack, and doeth nourysh all the pryncipall members, it causeth heate, and dissolueth winde.

Sickenesse.

How make you *Acatia?*

Health.

TAke the plant or braunch of a Bullais or Sow tree, wyth the fruicte & lay it in a vessell certain houres, and so let it stand, then seeth it vpon the fyre, and streine forth the liquour, the which streined, seeth it on the fyre agayn, vntyll it be thycke, and then kepe it in fyne vessels lyke shelles and so dry it.

Sickenes.

How make you *Amylum.*

Health.

TAke Wheate and beate it lyghtly, not to small, and put it into a vessell of glasse, and couer it wyth water, so that the water bee aboue it, two or three fyngers, and so let it stand, by the space of a Nyght: in the Morning presse it downe well, vnto the substaunce, whych Amylum is made of, doe descend to the bottome, after ward, strayne it wyth a Siue, and cast away the Bran, whych swimmeth on the Water aboue, let the residue, whych shall make Amylum, stand tyll it goe downe to the bottome of the vessel, & the water swim aboue, then cast forth the Water softly, so that nothyng remayne, and dry it wyth a lyttle Cotten: let this be done in Sommer, and also Sonne dryed least it ware sower, and so corrupte. Couer the vessell wyth a fyne cloth, that nothyng fall in: If you wyll make thys in Winter, then you must take great heede, that it be not sower ye must also prouyde, that it be soone dryed, eyther in the Sunne, or in the wynd

wynd, or in the fyre, and thus you may make Amylum of Rice.

Sickenes.

How make you Aqua odorifera,

Health.

TAke of Rose water. l'i. iiii. Storax Calamita, Beniamen, Cloues ana. ʒ. i. of Muske, Ciuet, Amber Grece, ana. ℈. rr, of Camphire. ʒ. ii. some put vnto this, ʒ. i. of Lignum Aloes: let them be put into a vessell of Glasse, couered wyth a couer, hauynge holes in it, then let them boyle in a Vessell full of water, as it is in Balneo Marie, whych is a Glasse or Vessell set within an other greater on the fyre: thys done strayne them wyth a fyne lynnen cloth, and so to be reserued in a vessell in the Sunne, by the space of. xv. dayes, then it wyll proue an odoriferous water most pleasaunt.

Sickenesse.

How make you Benedicta Laxatiua?

Health.

FIrst take of the best Turbith, Suger, ana. ʒ. r. Diagridion. ʒ. b. wylde Lilies, Roses, ana. ʒ. b. Cloues, Spicknard, Ginger, Saffron, Saxifrage, long Peper, Amomum, Cardamomum, Smalage seede, Galgem, Galanga, Mace, Carowais, Fenell, Spinage, Kneeholme, or Butchers Brome, Gromell seede, ana ʒ. i. of Hony asmuch as wyll suffyce. Thys doth cure the weakenes of the ioyntes, and the cold goute in the feete, it doth also purge the reynes and the bladder.

Sickenesse.

How make you Balsamum artyficiall?

Health.

FIrst take Terebyntyne. ʒ. xij. Gumme Elemi. ʒ. b. of Rosen. ʒ. iii. let the be melted together, and when they be molten, myngle these pouders, folowyng, of Arystolochia longa ʒ. ii. of Dragons blood. ʒ. iii. make these in great peeces. Thys medycyne doth heale both new and old Woundes, and chyefly those that be about the heade

Sickenes.

How make you Confectio Dulcis de musco?

Health.

FIrst take of Safron, the sweete roote Doronicke, Setwall, Lignum Aloes, Mace ana. ʒ. ii. whyte Perles, sylke in pouder, Amber, red Corall, ana. ʒ. ii. ℔ the confection, called Gallia Muschata, Spycknarde, Folium Indicum, Cloues, ana. ʒ. i. Gynger, Cubebes, long Peper, ana. ʒ. i. ℔. Muske. ʒ. i. ℈, ii. make thys wyth Hony not clarifyed, ℔ fowerth part of the weyght of all the other. Thys doth cure the tremblyng of the heart, and all dyseases of the Melancholy, and those men, whych be heauy wythout a cause: it remedyeth also the dyseases about the brayne, as the tournyng sycknes, and fallyng euyll, the wrythyng or pullyng of the necke, or the mouth on the one syde, and all dyseases of the lunges, and shortnes of wynde.

Sickenes.

How make you Confectio Hamech.

Health.

FIrste take the fower kynds of Mirobalans. ʒ. iiii. Rubarbe. ʒ. ii. Agarike Coloquintida, Polipodie of the Oke ana. ʒ. viii. Wormewoode, Tyme, Sene, ana ʒ. i, Violettes. ʒ. vi. the flower of harder Tyme ʒ ii. Anisseede, Roses, Fenell ana ʒ. vi. the iuice of Fumitarie l'i. i. Prunes in number. iv. of Raysens of Corayntes the stones taken out. ʒ vi powre all these into a vessell of Glasse, which hath a straycht mouth, and stop the Mouth by ỳ space of. v. dayes afterward let them boyle once, then strayn them, and dissolue into the strainyng of Cassiafistula ʒ. iii. of the fruict of the wilde Date tree, called Thamarinde. ʒ. v. of Manna or swete dewe. ʒ. ii. breake them with your hand, and strayne them. Then cast on Suger l'i i. of Scammoni. ʒ. i ℈. seeth them vntyll they shalbe as thycke as Hony, then cast vpon them the pouder of all the fiue kyndes of Mirobolans, Reubarbe, Fumiterie seede ana. ʒ. iii, Anisseede, Spicknard ana ʒ i. Thys cureth all dyseases whych come of fleume and cholet, but chiefly the tyng worme, scabs, keper, cankers & sutch others.

Sickenes.

How make you Cerotum Stomachale?

Health.

FIrst take of red Roses. ʒ. xx. of Wormewood leaues. ʒ. xv. of Mastycke. ʒ. xx. Spicknard. ʒ. x. beate them small, then take of Virgine ware. ʒ. iiii. Oile of Roses. l'i. i. ℈. make your confection. There be some whych doe wash the oyle and the ware, and then resolue them wyth a gentle fyre, and afterward myngle them with the other, and so it is iudged better. This doth mitigate inflamacions, and hoat apostumes, whych be in the stomack and liuer.

Sickenesse.

How make you a confection for the eyes?

Health.

IFirst take of whyte Leade washed. ʒ. x of Ample ʒ. iiii. of Gumme Arabike, and Tragantum ana. ʒ. ii of Camphire. ʒ. ℈. make these into pouder, and dissolue them in Rose water, afterward make thereof little balles.

Sickenesse.

How make you conserue of Bugloss?

Health.

FIrst take of the leaues of Bugloss l'i. iii. beate them in a Morter of stone, and then cast vpon theim l'. iii. of Suger, make your conserue lyke Opiatum, whych is a thynne Electuarie. Thys comforteth the stomacke, and healeth diseases whych come of Melancholy, the sownynge and tremblyng of the heart it purgeth also Choller.

Sickenesse.

How make you a conserue of Rosemary.

Health.

Fyrst

IFirst take of the flowers of Rosemary. l'i. ß. of Suger, l'i. iß. make your conserue. This doeth comfort a moyst brayne. and molify harde and stiffe members. it also purgeth Melancholy and fleume.

Sickenes.

How make you a conserue of Borage or Bugloss?

Health

IFirst take of the flowers of Borage. ℥. iiii. Suger. ℥. xii. make your conserue, according to the arte. Thys doth remedye the trembynge of the heart and sownyng, it also purgeth Melancholy, and causeth a man to be merry.

Sickenes.

How make you conserue of Roses?

Health.

IFirst take of Rose leaues. l'i. i. beate them in a stone morter, and caste vpon theim of Suger, l'i. iij. make your conserue after the fashion of Opiata. This doeth comfort the stomacke, heart and all the pryncipal partes, it mollifyeth also those parts, which be hard & purgeth Melancholy.

Sickenes.

How make you a conserue of Violettes?

Healthe.

IFirst take the flowers of Violettes. l'i. i. beate thē in a Morter of stone, and cast vpon them. l'i. i. of Suger. make your conserue accordingly. Thys dooeth cure inflamacions of Choller, quench the thyrst, & moueth a man to the stoole.

Sickenes.

How make you a conserue of Mayden haire?

Health.

IFirst take of Maiden hayre. l'i. beate them and put Suger vnto them, as in the other. This helpeth the Plurese, diseases of Melancholy, and red Choller, and the Splene or Myte.

Sicknes

How make you a conserue of Gladian?

Health.

IFirst take of the rootes of Gladian. l'i. seeth them in water, vntill they be well sodden, afterward dry them, and searse them through a Siue, then set them on the fyre again, and put, l'i. iii. of Suger vnto them, make thys conserue like to the Electuarie Opiata. This remedieth diseases of the brayne and sinewes, with all sutch as come of fleume.

Sicknes.

How make you a conserue of Enula campana?

Health.

TAke of the roote of Enula campana. l'i. ii seeth it well, afterward dry it, then searce it through a Siue, and then set it on the fyre agayne, and put. l'i. bi. of Suger vnto it. Thys doth comfort the stomacke, and pryncipall parts agaynst fleume, and helpeth the heart.

Sickenes.

How make you a conserue of Cychory, or Succhory.

Health.

First take the Succhory flowers .l'i.i beat them in a morter of stone, and cast vpon them .l'i.iii. of Suger. Thys purgeth Melancholy and Choler.

Sickenes.

How make you conserue of Sorell?

Health.

First take the leaues of Sorell .l'i. ß. beat them as you dyd the other, cast vpon them of Suger .l'i ß. Thys helpeth Choloricke persones.

Sickenesse.

How make you Conditum Cotoneorum

Health.

Take as many Quinces as you iudge conuenient, and seeth them, and take of the decoction of them .l'i. iii. of Suger .l'i. j. seeth them well, and reserue thē, some Apoticaries put in the whites of Egges when they be clarifyed. I wyll also teach thee an other way to make thys confection. Take of the seede or kirnelles of Quinces .ʒ. iiii. tempre them by the space of halfe a day, wyth .l'i. iii. of the iuice of Quinces, then boyle them a lyttle, and strayne them, and cast vpon them .l'i. ii. of Suger, afterwarde seeth them well, and keepe them in boxes.

I wyl also teach thee an other way to make an other confection of the same. Take of Quinces .l'. vi. when they be sodden, put vnto them .l'. iii. of Suger, and seeth them well, as thou didst before, keepe them in litle boxes,

Sickenesse.

How make you Diagalanga?

Health.

First take of Galanga, lignum Aloes, ana .ʒ. vi. of Cloues, Mace, Louage, ana ʒ. iii, Ginger, longe Peper, Cinamom, whyte Peper .ʒ. i. ß. of Calaminte, Mintes dryed ana .ʒ. i. of the lesser Cardamomum, Spycknard, Louage seede, Fenell seede, Anisseede Carowayes ana .ʒ. r. of Calamus Aromaticus .ʒ. i. of the best Suger .ʒ. r ß. of Honie clarifyed, asmuch as wyll suffice. Thys doth cure the diseases that come of wynde, and belchyng whych seemeth sharpe in the mouth lyke Vineger: it is proued to cause good digestion, and fortifieth the weakenes of the stomack and liuer being colde.

Sickenesse.

How make you Diacyminum Nicholaj?

Health

Take of Cummin layed in Vineger, by the space of a day, and afterwarde dryed .ʒ. viii. ə. i. of Cinamom, Cloues ana .ʒ. ii. ß. black Peper, Ginger ana. ʒ. ii. G. v. of Galanga, Sauerie, Calamint ana .ʒ. i. ə ii. Charuil seede, Louage, ana .ʒ. i. G. xiii. long Peper ʒ. i. Spicknard, Cardamomū, Nutmegs, ana .ə. ii ß. of Hony asmuch as you iudge cōuenyent. This helpeth the stomack and pryncipal parts, which be troubled with wynd: it causeth good digestion, & bryngeth heat to the stomack, and other pryncipall parts that be cold.

Sickenesse

Sickenes.

How make you Diambra Meſue?

Health.

TAke of Cinamon, Dozonicke, Cloues, Mace, Nutmegges, Leaues of Galanga and Spicknard. ʒ.iii the great and leſſer Cardamomum, ana. ʒ.i. of Ginger, Saunders, lignum Aloes, longe Peper ana ʒ.ii. of Amber. ʒ.i. of Muſke. ʒ.ß make it wyth the beſt Suger, and the water of Roſes. Thys comfozteth the brayne, heart, ſtomacke. and all the pzincypall members, it cauſeth good digeſtion. and maketh a man merry, and ingendzeth heate in the pzyncipall partes, it is bery comfoztable to old Men, and thoſe whych be colde of nature and complexion, to women alſo, and cureth the diſeaſes of the matrice.

Sickeneſſe.

How make you Diamargaritum calidum?

Health.

TAke of Cloues, Cinamon, Spicknarde, lignum Aloes, Galanga, Liquozice, Trochiſci Diarodonis, and lyttle balles of Violettes ana. ʒ.i. ß. Nutmegges, Mace, the confection of Muſke, Setwall, Reubarbe, Stozax Calamita ana. ʒ.i. Perles, Ginger, the bone in the heart of ỹ red Deare, the ſhauyng of Juozie, Iuncus odoratus. ʒ. ß. Muſke, Amber, Cardamom, Louage, Baſell ſeede ana. ə.ſ. G.ii of Camphire G.vi. of Mel Roſatum, aſmutch as will ſuffice. Thys doth cure the weakenes of all the body, ſowyng, and faynting, both of the ſtomacke, and alſo of the heart, and comfozteth the liuely partes, and thoſe that be penſiue and ſad wythout a cauſe, it cureth the cough and conſumption, it doth alſo recouer thoſe which be weake w̄ longe diſeaſes.

Sickenes.

How make you Diamargaritum frigidum.

Health.

TAke the.iii. kyndes of Saunders, the flowers of Roſes, and Violettes, the ſeedes of Melons, Trochiſci Diarodon, raw Silk, made in pouder, ana. ʒ.ii. the bone in the heart of the red Deare, Spodium, Dozonike, ỹ roote both of red and whyte Behen, Spicknarde, Saffron, ana. ə.ii. ſhauynges of Juorie, flower gentyll, Saphire, Jacinte, Emeraude, Sozell, and Endiue ſeede, Lignum Aloes, gray Amber, ana. ʒ. ß. of fyne Gold. ʒ.i. Camphire. ə.ſ. of Muſke. G ii. mixe them and make thereof a pouder, puttyng in perles. ə.i. and Corrals red and whyte, ana. ə.i, ß. and whyte Suger.

Sickeneſſe.

How make you Diathameron of Dates?

Health.

TAke of Cloues, Ginger, ana. ʒ.v. G. xvi. of Cinamom. ʒ.iii. of the Subſtaunce of Dates, Galanga, Spicknard, Setwall. Coſt, Pellitarye of Spain, white and red Cozal, Rhaponticum, Spyke, the fruict Anacardium, Date ſtones, Balme ſeede, Anis ſeede, Juniper Seede, ana. ʒ.i. ə. ii.

of fyne

of fyne Golde, the bone of the Hart of the red Deare, ana.ʒ. ii.ß. of the shaupings of Iuery, of Muske, ana.ʒ ii. of Amber.ʒ.i. of Hony Roset asmuch as you iudge best: but few Apotycaries do make this, for it is not greatly vsed, yet some do occupy it very much. Thys wyl recouer a man from danger of death vnto Life. It also helpeth those that be shott wynded or haue any disease in the wynd pype, or haue the coughe, or be in a consumption: it cureth also all dyseases of the breast and stomacke, the dropsy and payne in the raynes, it bryngeth Myrthe, it maketh a man lusty and fat.

Sickenesse.

How make you Diarhodon Abbatis?

Health.

TAke of whyte and red Saunders, an.ʒ ii ß, of Gumme Arabike and Tragantum, Spody.ana.ʒ.ii. Asarabacca Mastycke, Anisseede, Fenel, Cinamon, Rewbarbe. Basill seede. Berberyes. wyld Suechoryc seede, Porselyne seede, whyte Popy seede, seedes of Gourdes. Cucumers, Melons, Citrons, ana.ʒ.ß. Suger Candie. Roses, ana.ʒ.i.ʒ.iii. of Camphire. G.vii. of Muske.ʒ.i. make thys wyth the syrupe of Rose water. Thys helpeth the yellow Iandice, weaknes of the Lyuer, consumptions, dyseases about the heart, and those whych be troubled wyth the heate about the stomacke, lunges or the whole body, and also those whych be recouered from longe and lyttle agues.

Sickenesse.

How make you Diacalamintha.

Health.

FIrst take Calamynts, Peneriall, Hysope, blacke Peper, Siler Montan, Percelye, ana.ʒ.ii.ʒ.ii. of Louage.ʒ.i.ʒ.i. of Smalage, Amynthine, Dill, Anysseede, Cinamom, Synger ana.ʒ.ii. of Hony asmutch as wyl suffice. Thys cureth dyseases of the stomacke whych come of cold, causeth digestion, and chiefly in olde men, it taketh away the cough, whych doeth come of a colde cause.

Sickenesse.

How make you Diatrion Pipereon?

Health.

TAke of the Pepers.ʒ.vii.ß. Synger, Tyme, Anisseede, Spicknard, ana.ʒ.iii. Amomum, Cinamon, ana.aure. Cassiafistula, Siler Montan, Enula Campana dryed, ana.aure.ß. make it wyth Hony clarifyed. This doth engender heat in the stomack and belly, it remoueth all paynes of flumatike causes, it purgeth the stomacke of raw humours, and helpeth digestion.

Sickenesse.

How make you Diaireos.

Health.

TAke of Flowerdelice.ʒ.i. Sugar Candie, Tragantum: ana.ʒ.iii. myngle them and so make them in pouder.

Sickenesse.

How make you Diairis Salamonis.

Health

Health.

TAke of Flowerdelyce ʒ.i. Peneryall, Hisope, Liquorice, ana. ʒ. vi. the Gumme Tragantum, Almondes, Pineaples, Cynamon, Synger, Peper, ana. ʒ. iii. Figges, Dates, Reasons of Corans pycked, ana. ʒ. iii. ß. of red Stozar. ʒ. iii. of Hony asmutch as wyll suffice. Thys is ministred agaynst the Coughe, shortnes of wynde, and also restoreth the speach lost.

Sickenes.

How make you Diatragacanthum calidum?

Health.

TAke of Gumme Tragantum Hisope, ana. ʒ. iii. Pineaples both kynds of Almondes Blaunched, Linseede. ana. ʒ. vi. seede of Fenegreeke, Cinamon, ana. ʒ. ß. Liquorice, Synger, ana. ʒ. ii. make a pouder of these. This is good agaynst the hardnes and straynghtnes of the breast which cõmeth of a grose and colde cause.

Sickenes.

How make you Diatrangacantha Frigida?

Health.

TAke of whyte Tragantum. ʒ. ii. Gumme Arabike. ʒ. ii. ʒ. ii. of Amilium ʒ. ß. of Liquorice. ʒ ii. of Penedies. ʒ. iii. the foure greater cold Seedes, pared and pycked, ana. ʒ. ii of Camphere, ə. ß. of the syrupe of Vyolets, as mutch as wyl suffice. Thys doth cure all diseases about ꝑ lunges, breast. and those whych be in a consumption, & euyl lykyng: the Pluresie, Coughe, & those whych be hoat & dry: the roughnes of the tongue, & the weason, let ꝑ pacyent hold it in hys mouth, and swalow it downe, when it is melted.

Sickenes.

How make you Diamoron.

Health.

TAke of the iuice of Mulberies. l'j. ß the iuice of blacke beryes & straberyes. l'j. hony. l'j. ß. sweete wyne soddẽ to ꝑ thyrd part. ʒ iij. make it after this forme. Take your iuice, let it boyle wyth your Hony & sweete wyne vpon a soft fyer in a vessell of glasse or tynne, vntyl it be well sodden, and to know when it is wel sodden you must take a drop of it, and lay it vpon a Marbell stone, and if it wyll abyde vpon the stone, and cleaue lyke thycke Hony, the stone beyng turned on the one syde, then it is well sodden, and thys done straine it and keepe it in a vessell of Tinne. Thys is verye good agaynst sores in the throat, and all kynds of stranglyng, and paynes in the mouth, to gargaryse therewyth.

Sickenes.

How make you Diacodium.

Health.

TAke. x. heades of rype black Poppe of a meane bygnes, cast vpon them, l'i. ii. ß. of rayne Water, and if they bee more moyst than dry then let them lye in the Water a Day and a Nyght, but if they be dyer let them lye longer: after this seeth them vntil two parts of ꝑ Water bee consumed, then straine them, then put in sweete Wyne. ʒ. iii.

good

good Hony ʒ.i. then seeth it agayn, and put in Acatia, Hypocistis, Saffron Myrrhe, and the flowers of Pomgarnets, ana ʒ.iii. and seeth it agayn: this helpeth Catars, paines in the lunges, and causeth sleepe.

Sickenesse.

How make you Diapraſſium?

Health.

TAke of greene Hozehound. ʒ.v. ß. Tragantum, Pine aples, sweete Almondes, of a kynd of Nuttes called Piſtici, the substaunce of Dates, Fygges, Raisens of Corans, the stones taken out, ana ʒ.iii. ß. Cinamom, Cloues, Nutmegges, Mace, Galinga, lignum Aloes, Spicknard, Gynger, Setwall, Liquerice, Rhaphontike, Anacardin, storax Calamita, Galbanum, Turpentine washed, Mastike, Myrrhe, Flowerdelice, Aristolochia Rotunda, the roote of Cipres, Blacke Peper, Aniſseede, Fenell, Dyll, Smalage seede, Parslie, Saxifrage, ana ʒ ii. wyld Lillies, Organe, Wormwood, Squinantum, Cardimomum, white Peper, Carowayes, Louage, Daysie, ana ʒ.ii. ß. Peletorie of Spayne, water Myntes, Peneriall, Dittã, Coste, Sauerie, Basill, Pionie, long Peper, Amomum, Orobus ana ʒ.i. ɔ.iii. the wood of Balme, Cassiakistula, Corall, shauyng of Iuorie. Balme seede, yelow Carettes, ana ʒ. ß. Hulke, Amber, the bone in the heart of the red Deare, ana. G. xiiii. of hony clarifyed as mutch as you iudge sufficient, make it after this sort folowing: put into it. ℔.iii. of Hony, and of greene Horehoũd Betony, and young Pine Aples pared, ana ʒ.v. put also vnto them ʒ.iii. of the best old wyne, and let them boyle together wyth a soft fyer vntyll the wyne be consumed, let your Fygges be made cleane wyth in and wythout, dresse lykewyse your Dates, and let your Reasyngs be pycked, & then dresse also your Pine Aples, Almondes, and the Nuttes Piſtaci, dry euery one of them by them selues, afterward beat them in a Morter, and put vnto them Turpentyne washed, after thys beate all agayn and let them bee tempered wyth the same Hony in the Morter where they were before, and myngle them with the Spyces whych we haue spoken of before. Thys doth cure the weakenes of the stomacke, chyefly Reumes, and the brayn whych is colde, the turnyng Sickenes, the eye syght, the Winde pype troubled wyth grose fleume, it doth also mitigate the tothe ache. The iuice, is myniſtred in al flures, and chiefly in the bloudy Flur, with the decoction of raine water, in the which Spodie was sodden, or with Rose water, it stoppeth also the Flure of meate vndigested, which the Phisicians call Lienteria.

Sickenes.

How make you Dipapauer.

Health.

FIrst take of whyte Popie. ʒ.xx. b. sweete Almondes blanched, Kirnels of Pineapple, Gumme Arabike and Tragantum, the iuice of Liquerice ana ʒ r. of Amilium. ʒ iiii. of Purslen Seede, and Lettice seede, Kirnels of Quinches, ana ʒ.iii. of Saffron. ʒ.i. of Penedies. ʒ.iiii. take of the syrupe of Poppye almutch as wyll suffyce. Thys helpeth those whych be in a consumption, and those whych can not sleepe.

Sickenes.

How

Sickes

How make you Diacurcuma?

Health.

TAke of Tragacanth, Saffron, of Azarabacca, perſley, yellow Carrets, Aniſſeede, ſmallage ſede, ana. ʒ. iiii. Rubarbe, wyld Fenel, Spicknarde. ana. ʒ. vi. Coſt, Myrtle beryes, Caſſiafiſtula, Squynantum, Balme ſeede. Water, the iuice of wormwood, Egrimony, & Balme. ana. ʒ. ii. Calamus. Aromaticus, Cinamō, ana. ʒ. i. ß. wylde Garlike, Ceterach, the iuice of Liquerice. ʒ. ii. ß. the gumme Tragantum. ʒ. i. make it with clariſyed hony. This cureth old diſeaſes, and the euil lykinge and deformity, of the body: when the meate beyng receiued, doth not nowryſh that is corrupt in the body: it alſo healeth the dropſy, and diſeaſes of the liuer and the Spleene when they be hard or indurate, it purgeth the ſtomacke of corrupt humours, cold and wyndy, it mittigateth pain in the raynes and bladder, and prouoketh vryne.

Sickes.

How make you Diaſatyrion?

Health.

TAke of the rootes of Satyrion which bee lyke ſtones, the garden Parſnyp, the Nuttes called Piſtaci, Pineaple ſede, Cloues ana. ʒ. xii. Ginger, Aniſſeede, Rocket, Byrdes toung, or Stichwort, ʒ. b. Cinamom, cloue Garlik. ʒ ii. ß. of Muſke, G. bii. make it after this form, put ỳ rootes. of Satyrion in ſo much clarified Hony as wil ſuffyce, let alſo the Parſenipes and Pineaple ſeede be wel beaten by themſelues, and then put them into the ſame Hony, and ſtirring them wel, ſuffer them to ſeeth a certayn ſpace, then mingle with them your Pineapels and the Nuttes Piſtaci wel ſtamped, and when they haue boyled a little whyle, take them from the fyre, and put vnto them, the pouder of the ſpices and at the laſt put in your Muſk with Roſewater. This doth reſtore and ſoftefy the weakneſ of the reines, & of the bladder, it prouoketh vrine, and moueth a man to haue great deuotion to pray in Venus temple, or to be venerous.

The two ſtones of Satyryon or Dyches, the one will ſleete and thother ſincke in water.

Sickes.

How make you Diaprunum ſolutiuum

Health.

FIrſt take a hundred Damſones, and put them in a Tinne veſſel with ſo much water, that they may be wel couered, and let them boyle wel til they be ſofte, afterwarde take them from the fyre, & when your water is ſo colde, that it is but Luke warme, then take them forth, and put thē into a ſiue, ouer a greate veſſel, and chafe your Prunes ſo long with your handes, that nothing remayne but ſtones, and ſkins. Then put into the water, in which the Damſons were ſodden in before. ʒ. i. ß. of Violets and boile them, and make a ſyrup, with li. ii. of Suger, into the which Sirrup put the ſubſtance of the Prunes, let them ſeeth, tyll they be thicke, and then put into the ſame water. ʒ. i. of Caſiafiſtula waſhed,

put therto also. ʒ.i. of the fruite Tamarindes, dissolued and strayned into the same water, remember also that ye boyle in the same of Prunes ʒ.i. of Violettes, seeth them wel, stirryng them continually, and when they bee sodden, take them frō the fyre, & sprynckle theron these ponders following. Saunders, Spody, Rubarbe, Roses, Violets, Purslain seede, Succory sede Barberyes, the iuice of Liquorice, the Gum Tragagantum, ana ʒ. iii. of the foure greatter cold seedes, ana ʒ.i. if ye wil make it laxatiue, putte vnto euery pounde, when it is taken from the fyre ʒ.ß. of Scāmonye, Diaprunes not losyng this, is ministred in hoat and burning agues, and chiefly in Synocha, which is a continuall Feuer of aboundance of blood: in this ague it may safely be ministred in the beggynning, increase, and at all tymes: & without Diagridion, it may be geuen at al howers of the day, and wt Diagridiō but in the mozning, and that circumspectly, because it is very laxatiue.

Sickenes.

How make you Diaphœnicon?

Healthe.

TAke of Dates infused with vineger thze dayes and three nightes ʒ.vi. ʒ.i. of Penedies which be litle wzethes of Suger, dissolued in the decoction of Barly ʒ.iii. ʒ.i. of Blaūched Almondes. ʒ.xv. of Turbyth ʒ.ii ß. of Scāmony, ʒ.vi. Ginger, long Peper ỹ flowers of dzy Rue, Cinamome. Mace, lignum Aloes, Anisseede, Fennelseede, yellow Carottes. Galinga, ana, ʒ.ii. beate them wel and make them with clarifyed Hony. This doth cure mixt Agues of diuers humours, the Collike and payne in the bellye, it purgeth all raw humours of cold.

Sickenes

How make you Diacarthamum?

Health.

TAke the roote of Tragantum. ʒ.ß. the substance of Quinces. ʒ i. thickest chines of Saffrō, ʒ iiii of whyte ginger. ʒ ii. Diagridiō. ʒ.iii. white Turbith ʒ vi. Manna, or swete dew, Mel Rosat ū strayned. ʒ.i. of Suger, ʒ. viii. wyld Lillies. ʒ iiii. make an Electuary, putting vnto it as mutche Hony as wyl suffyce. This purgeth choller and phlegme.

Sickenes.

How make you Diacorallium magistrale.

Health

FIrste take of the Spyces of the confection Dyarodon Abbatis wbiche I didde speake of before. ʒ iiii. of both Corralles, lyttle peeces of Perles, ana. ʒ.ß. beate them to fyne ponder, and put vnto them of Suger resolued in the Water of Roses ʒ. viii. ß. make them into smal peeces. This doth comfort the hart and stomake, and chiefly those

those which haue bene long sick of colde.

Sicknes.

How make you Diacasiafistula pro ænematibus, or Clisters?

Health.

FIrst take of Flowers of Violets, the leaues of Malowes, Marcury & Parietary, ana M. i. of wormewod, M. ß. take al these greene, & yong make a decoction of these in a sufficient quantity of water: then strayne them, and pressyng them with your handes into this strayner, you must dissolue a li. of Casiafistula ℥. li. i of the best Hony or suger, This purgeth and moueth a man to the stole, it is very expedient for tender and delicate persons, because it is gentle in operation.

Sicknes.

How make you Diasene?

Health.

TAke of lignū Aloes, Cloues, Galinga, Nutmegs Foliū iudicū, Mace Cinamome ana. ʒ. ii. the stone Lazuli ʒ. i. of Sene, twyse asmuch as of al the other, of Saffron. ʒ. i. of the shauing of Iuory, Spodie, Anacardin, the bone in the heart of the red Deare, little fyshes called Unguis odoratus, ana. ʒ. ii. wyld Lillies ʒ. i. Beries of Myrtes, Gentian Bayberies, Eleborus niger, or Berefoote ana. ʒ. ii. Walnuttes made in pouder, in nomber ℔. of Amber ə. ii. of Hony asmuch as wil suffice. This is good to heale the Leprye some Phisitions mingle with these, serpentes flesh, This doth remedy al diseases of Melancholy & madnes, the gnawing and gryppyg about the mouth of the stomacke called Cardiaca passio, it taketh away hetunes, quarten Agues, and diseases of the spleene.

Sicknes.

How make you Decoctio pectoralis

Health.

FIrst take of dry Hysop, Maydenhere, Figges, Sebesten, Raysens of Corantes, Barlye, Liquorice, ana, equal partes, boyle these togyther in a sufficient quantity of water, then strain them, and so reserue them This asswageth al payne about the breast, it cureth also the cough & hoarsenes, and if Aster be put in, it helpeth the reume.

Sicknes.

How make you Decoctio communis?

Health.

FIrst take of Prunes, wyld Dates, Raysons or Corans, Violets, Lyquorice Barly ana, equall partes, boyle them in a sufficient quantitye of water, then strayne them,, and kepe them. This decoction is much vsed in hoate Agues, and other hoate diseases, and when the peare is hoate to temper medecines withall, which be receiued in such hoate Agues, at all tymes. This decoction is chaunged, accordyng to the diuersity of dise-

ges because some be hotter than other.

Sickenes.

How make you Electuarium Catholicum?

Health.

FIrst take Sene & Casiafystula new drawen, Tamarindes, ana. ℥. vn, Reubarbe, Violettes, Polipodie, Anisseede. ana. ℥. iiii. the foure greatter cold seedes, ana. ℥i. take li.i, of Polipodye, and beate it, and seeth it wel in water, and strayne it, then make a syrupe with the best suger, temper your Casiafystula and your Tamarindes togeather, and when the decoction is almost made, put them into it with the other spyces, and so make the electuary. This is ministred in hoat and burning Agues because it doth mollify, disperse, and comforte, it doth also cure diseases of the Lyuer, and of the Spleene.

Sickenesse.

How make you Electuarium Rosatum?

Health.

TAke of Suger, the iuice of Roses, ana li i. ℈. of the three Saunders, ana. ℥. vi of Spodye. ℥. iii. of Diagridion ℥. xii. of Champhire ℈. i. temper it after the forme of an Electuary. with a sirupe made of the same suger, and Roses. This doth purge Choler easely, and healeth hoat diseases in the ioynts, the heade ach, the payne of the eyes, tourning sickness, and it hath byn proued agaynst the yellow Jaundice.

Sickenesse.

How make you Electuarium de pfyllio?

Health.

TAke of the iuice of Buglosse, both harde and the wylde, the iuices of Endiue and Smallage, sodden altogeather and fyned, ana. li. ii. Anisseede, Sene, ana. ℥. ℈. of Waydenhayre. ℥. i. the iuice of Fumitery ℥. iii, of Asarabacca. ℥. iii. Spicknard ℥. ii. let them lye a day and a night, then set them on the fyre, and suffer them to boyle once, then cast vppon them ℥. iii of Violettes, of the harder tyme. ℥. ii. boyle them once agayne, but with a soft fyre, then strayne them: and when they be strayned, put vnto them ℥. iii of Fleawoorte and let them all stand a day and a night, but stirre thē continually, this done, presse forth ỹ slymye sap of them, & take li iiii. of it, & put vnto it. li. ℈. of fyne Suger of Scammonye, roasted in an apple. ℥. iiii. after this sette it on the fyre agayne, and seeth it a lyttle, and then put into it of Trochisces, Dyarodon, Trochisces of Spodye, and Trochisces Rubarbary ana. ℥. i, lyttle Balles of Barbaryes. ℥. ℈. then make youre Asarabacca into a grosse pouder, that it may bee the more laxatyue, you may put also to these confections, greene Violettes, and dry Damasens. This purgeth yellow Choller, and healeth the turning syckues of the head, which commeth of a cholericke humour.

Sickenesse.

How make you Electuarium Indu maius

Health;

Health.

TAke Cinamom, Cloues, Spicknard, Roses, Cassiafistula, Mace, Cypresse. ana ʒ.iiii, yellow Saunders, ʒ ii. ß. lignum Aloes, Nutmegges ana. ʒ ii. Turbith. ʒ i. of Suger Penidies an. ʒ xx. Galinga, Carbamo, mũ Asarabacca, Mastick ana. ʒ.i. ß. of Scammony ʒ xii. Beat these altogether with the Oyle of Almondes, then take of the iuice of Quinces, Pomgranetes, the iuice of Smallage, Fenel. ana li. ß. seeth these iuices with clarifyed Hony, vntil they be thicke, and then make the Electuary with the other spyces. This purgeth superfluous hymours, and chiefly, Flegmaticke and corrupt humours in the stomacke, and in the other pr.. ipall partes: it dissolueth wynd, and cureth those diseases which come therof, as the payne of the stomake, and the inward partes, the Collik and payn in the raynes: it doth also consume corrupt humours in the ioyntes.

Sickenes.

How make you Electuarium stomachi, **to comfort the breast.**

Health.

TAke the Berryes of Myrtes finely beaten ʒ.xii. of Roses, Spodie Manna, which is the Flower of Frankensence, of the thre Peper of yelow Saunders, the flowers of the wylde Pomgarnets, gumme Arabyke, ana ʒ.i. ß. the kynels of the Pomgarnets, made in pouder. ʒ vii. of Coryander steeped in Vineger, and made in pouder ʒ.iii. Sorel, and Playntayn seede, of Roses, ana ʒ.ii. breake them al well, and rub them wyth your handes, then put them into Sorel water, and so make your Electuary. This comforteth the stomacke and the inwarde partes: it stoppeth a Laske which commeth of to strong a purgation, and moueth a man to meate.

Sicknes.

How make you Electuarium de Gemmis?

Health.

TAke of white Perles. ʒ.ii. little pecces of Saphyre, Jacinct, Corneline, Emeraulde, Granettes. ana. ʒ.i. ß. Setwal. the sweete roote Doronike. the rynd of Pomecitron, Mace, Basel seede, ana. ʒ.ii. redde Corall, Amber, Gauyng of Juory. ana. ʒ ii. rootes both of the whyte and red Behen, Ginger long Peper, Spicknard, Folium Indicum, Saffron, Cardamom, ana ʒ.i. of Trochisci Diarodon, lignum Aloes, ana. ʒ. v. Cinamom, Galinga, zurubeth, which is a kynd of Setwal. ana ʒ.i ß, thin peces of Gold and syluer, ana. aure ß. of Musk. ʒ. ß. make your Electuary with Hony Emblici, which is the fourth kynd of the Mirobalans with Roses, strained in equall partes as much as wil suffice. This healeth cold diseases of ỹ Brayne, Harte. Stomack and the Matrice, it is a medecine proued against the tremblynge of the Harte, faynting and Sounynge, the weakenes of

the stomacke, pensiuenes, solitarines, kynges and noble men haue vsed this for their comfort, it causeth them to be bold spyted, the body to smel well, & ingendreth to the face good coloure.

Sickenesse.

How make you Emplastrum diachylon album?

Health

TAke of Fenegreeke, Linseede, the roote of Holioke, presse out all these the slimy sape, and take of it one parte, and of Litharge wel beaten, and cleased from drosse, one part. ℈. of olde and cleare Oyle iii. partes, beate the Litharge and the Oyle long in a morter of stone with an yron pestel. Then boyle thē on the fyre softly, styrryng them vntil the Litharge runne together, then take it from the fyre, and suffer it to coole, after this take the slymy sape, and boyle it once. Then cast by little and little, the slymy sape of the herbes vpon the Litharge, and the Oyle, beatyng thē with a pestel, till it be thick: We may put vnto this emplaster, the fine pouder of Flowerdelice, and you may vse for your common Oyle, which is sallet Oyle, the Oyle of Flowerdelice, some mingle with this the slimye sappe of Melilote. This emplaster is very good agaynst impostumes and hardnes of the liuer and splene, or stomack, swellinge aboute the throat, and all hardnes of euery place.

Sickenesse.

How make you Emplastrum diachylon magnum?

Health.

TAke of Litharge broken and syfted. ℥. xii. Oyles of Flowerdelice, Camomil, Dyll. ana ℥. viii. of the slymy sape of Lynseede, Fenegreke, Holyoke rootes, Fygges, Reasons of Corans, and of the fatte in the belly, of the Beele sythe, the iuice of Flowerdelice, Squilla, & of Hysope. ana ℥. xii. ℈. of Turpentyne. ℥. iii. the gumme of the Pyneaple tree, yelow Ware. ana. ℥. ii. make it after this fashion: Beate the Litharge and the Oyles which we did speak of before in a Morter of stone, with a Leaden pestell, by the space of halfe an howre, then let it boyle vppon a soft fyre, stirryng it continually til it be thicke, then take it from the fyre and suffer it to coole, afterward take the slimy sape with the other, and boyle them vntil they be hard, then take it of, and lay it vppon a Marbel stone, and make it in great peeces. This emplaster is stronger in operation, & better to rype, and to resolue al hardnes and inflamations, and is dayly vsed of good Chirurgians, for the excellent vertue therof.

Sickenes.

Howe make you Emplastrum de Musilaginibus?

Health.

TAke you the slimy sape of Holyoke seede, of Linseede, of the inner rynd of the Elme tree, of Fenegreeke ana. ℥. iiii. ℈. of the Oyle of Camomil of Lillies, and of Dill. ana ℥. i. ℈. of Amoniacum, Galbanum, Opopo-

nax

nar, Serapinum. ana. ʒ. ß of new ware. ʒ. rr. of Saffron. ʒ. ii. Turpentyne. ʒ. ii. make it in an emplaster accordingly. This emplaster doth mollify al hardnes of apostumations.

Sickner.

How make you Emplastrum ad stomacum?

Health

TAke of lignum Aloes, Wormewood, gumme, Arabyke, Mastike, Cipers, Coste, Ginger. ana. ʒ. ß. Calamus Aromaticus, of the finest, Frankinsence, Aloes, ana. ʒ. iii ʒ. iii. Cloues, Mace, Cynamum, Spicknard, Nutmegges. the confection called Gallia Muschata, Squinantum. ana. ʒ. i. ß. mingle al these togeather, with the confection called Mina Aromatica which is made of Quinces, Peares, and such other byndyng thinges, lay al vppon a cloth, and perfume theym with a wood of Aloes. This emplaster doth comfort the stomake and Liuer, it increaseth also heat in them and maketh digestion perfect.

Sicknes.

How make you Emplastrum de granis lauri?

Health.

TAke of fyne Frankensence, Mastike, Myrhe. ana. ʒ. I. of Baiberries. ʒ. ii of Cipers, Coste. ana. ʒ. ß. clarifyed hony, asmuchas wil suffice to make it, then spreade it vpon a cloth, and so lay it to the soare. This is a very excellent plaster agaynst the Dropsy, and wil asswage al swellynges of wynde, if you triple the quantity of Cipers. and put vnto the plaister a litle quantitye of Cowes Dunge, or Goattes dryes: it doth also asswage all griefes, which come of colde wynde, and chiefly the payne of the stomake, bellye. raynes, matrice, and Blader.

Sickenesse.

How make you Emplastrum de Melilote?

Health.

TAke Melilote, and Fenegreeke. ana. ʒ. vi. the flowers of Camomil, Baiberies, the roote of Holioke, Wormewood. ana. ʒ. iii. Smallage sede, wild Carrowaies. Flowerdelice, Cipers, Spicknarde, Cassiafistula, Anisseede ʒ. ii. ß. Margerum. ʒ. iii. Amoniacum. ʒ. r. Storax Calamita, Bdellium. ana ʒ. b. Turpentyne. ʒ. iß. rii. Fyges, the Fat of a Goate, Bucke, Reisons, ana. ʒ. ii. ß Ware. ʒ. vi. Oyle of Margerum. Oile Spyke, as much wil suffice ofto beate them in. This emplaster doth mollify the hardenes of the stomake, Liuer, Spleene, and all inward partes.

Sickenes.

How make you Emplastrum coroneum **a plaister of great vertue**

Health.

TAke of the Pitche, whiche is aboute shippes, pressed or strayned ware. ana. ʒ. ii. ʒ. iii. of Serapinum, ʒ. ii. of Amoniacum Turpentyne, drye Pitche, Saffron, ana. ʒ. i. ʒ. iii. of Aloes, Frankensence,

Myrhe

Myrrhe ana.ʒi.Opoponar Storax Calamita,Galbanū,Mastike, Alume Fenegreeke,ana.ʒ.iii.oꝝ Dreges,of Storax liquida,which the Apoticaryes cal ſtacte,Bdellium, ana. ʒ.iii.of Litharge,ʒ.i.ß.Make it after this faſhiō: beate your Serapinum, Galbanum,Opoponar and Amoniacum a litle, and temper them with wyne,then boyle them vnto the wyne be halfe conſumed,then ſet it on the fyre in a veſſel of Tinne, and when it ſhal begyn to boyle,put vnto it your Pytch and ſtir it wel,vntil it be melted,and whē it is melted,put ware vnto it,and that beyng alſo melted,put in dyre Pitch whiche is called Colophonia,the Storax beaten ſmall with an hoat peſtell muſt be put thereto,afterward Maſtike,Frankenſence,Myrrhe,Bdellium, and ſone after theſe put in Turpentine,Alume Litharge, and at laſt of all Fenegreeke:when it is ſodden, powre it vppon luke warme water , and than incontinently take it forth agayne, and preſſe it with your handes,til all the water be forth, this done , make your pouder of Aloes myngled wᵗ the Oyle of Laurell, vppon a Marbel ſtone.Then make of all myngled togeather , baules or greate peeces ,with pouder of Saffron, your hand beyng annointed with the ſame Oyle of Laurel.This emplaſter taketh away al payne which is cauſed in ſpittyng,the griefe of the ſtomacke,which commeth of cold,it doth alſo diſſolue congealed humours in the ſtomack , and ꝑ hardnes of the ſplene,it helpeth the Dropſy which commeth of Coldnes of ꝑ Liuer,and alſo the coldenes of the Matrice,if it be layed vpon it,it is excellent.

Sickenes.

How make you Emplaſtrum Oxycroceum?

Health.



Take you Pitche which is aboute ſhippes, Saffron, Colophony of Ware,ana ʒ.iii.Turpentine, Galbanum , Amoniacum, Myrrhe,Frankenſence,Maſtike.ana. ʒ.i. ʒ.ſ. iii make it thus , breake the Galbanum,and Amoniacum a little,then lay it in Vineger by the ſpace of a night,in the morning ſet them on the fyre,and melt them,and when they be melted,ſtrayn them,and ſeeth them agayne,til the third part of the Vineger be conſumed,then put in your pitch beynge preſſed or ſtrayned before.When as this is melted,put in Ware,the which alſo melted,put in Colophony,and Turpentine,and ſone after Maſtike,Frankynſence and Myrre,ſtyrryng it alwayes from the begynning to the ende,when it ſhalbe ſodden,put in cold water, afterward waſhe it vpon a Marbell,anoynted with Oyle ,and make it ſoft and gentle,then caſt vpon it the pouder of Saffron,and ſo make it in great peeces . This curetly broken bones,aſſwageth all griefes in what part ſoeuer they be of the Body,it doth alſo mollify hard impoſtumes in any part of all the body of mans kynde.

Sickenes.

How make you Emplaſtrum de Ianna.

Healthe.

Take of the iuice of Giloflouers,Plantain, Betony & Smallage ana. li.i. of Ware and Pytch , Roſen, and Turpentyne,ana. li. ß.make of theſe an emplaſter , ſodden on a ſofte Fyre, vntill the iuice bee waſted

wasted, then put in your Turpentyne, but stirre it wel, that it burne not.

Sicknes.

How make you Emplastrum Gratia Dei?

Health.

TAke Turpentyne. li. ß. Rosen li. i whyte ware. ℥. iii. Mastike. ℥. i. of Vervain, Betony, Pimpernel, ana. M. i. beate these herbes, and boyl them in strong whyte wyne, vntil the third part be consumed, then strayne them & cast away the substaunce of the herbes, put into this iuice, the ware strayned with the Rosen and Mastike, & lette them boyle, styrryng them till they be thicke, take them of, and put in Turpentyne, and mingle al togeather, and make your emplaster, sayth Nicholas.

Sicknes.

How make you Emplastrum contra rupturas?

Health.

FIrst take of Pytch about shyppes, of Aloes, ana. ℥, of Litharge of red ware, Colophonye Galbanum, Amoniacum, ana. ℥. i. Misseltoe of the Oke, ℥. vi. of Chalke or Plaster, of both Aristologia, Longa, and Rotunda, Myrrhe, Frankensence, ana. ℥. vi. Turpentyne. ℥. ii. of comon earthe wormes, of Oke Apples, ℥ iiii. of Campher, and of Daisye, of Bole Armoniake, ana, ℥ iiii. of the blood of a man. li. i. Make it thus, put the Misseltoe fyrst into the water, and suffer it to boyle long in a decoction wherein a Rammes skyn was sodden, and let it seeth by the space of a day & a nyghte then take it from the fyre, & put vnto it Turpentyne, Litharge, Colophony, Mastyke, the whytest Frankensence, Myrrhe, Galbanū, Amoniacū, & sone, after Comfery and Dayses, Chalke or plaister, and Bolearmoniake, after this set it on the fyre agayn, and put in the bloud of man, & both Astrologies, and last of al Aloes, you must stir it continually: when it is wel sodden, take it from ỳ fire, you shal know it to be wel sodden, when it wil not cleaue nor sticke vnto your fyngers, then lay it vppon a Marbel stone, anoynted with oyle of Violets, and make it soft with wourkyng and labouryng of it with your handes, after this you must beate it agayn in a morter continually by the space of two or three dayes, then reserue it.

Misseltoe is called Viscum or Mysen ỳ groweth on ỳ Oke or thorn.

Blood of mā is to be had at Barbars, or blood letters, it must be dryed in the Oue

Sicknes.

How make you Emplastrum pro Matrice?

Health

FIrst take of the Roote of Sinkfoye. li. i 'of Lignum Aloes. yellowe Saunders, Nutmegges, Barberyes, of the flowers of Rosemary or Roses ana ℥. i. of Cinamum, Cloues, Squinātum, Camomil flowers, ana. ℥. i. ß, Masticke, Frankinsence the confection called Alipta muschata, & Gallia Muschata, of Storax liquida, which is called also Stacte. ana. ℥. iii. fine Musk. ℥. ß. of ware. li. i. ß, of pitch about old shyps. li. ii. make an emplaster

Sickenes.

Howe make you Emplastrum Diuinum

Health.

Health.

TAke of Galbanum. ℥.i.℥.ii.of Ammoniacū.℥.iii ℥.ii.Opopanax ℥. of Litharge.li.i of new Ware.℥.viii. of Oyle Oliue li.ß. Frankinsence. ℥ i ℥i. of Myrre ,℥.i ℥.i.of Verdigreasle ℥.i.of Bdellinm ℥.ii.of Aristolochia longa ℥ i.of Amentis, which is a kynd of Chalke.℥.iiii mingle al these together and make an emplaster.

Sickenes.

How make you Emplastrum de minio.

Healthe.

TAke of the oyle of sweete Roses.li.i.ß ,oyle of Wirtelles ,ana ℥ oyntment Populeon,ana.℥.iiii.of Hennes grease ℥.ii the Tallow of an Ore or a Cowe,ana.li.ß.Swynes grease ℥,vii Litharge of Gold and Syluer, ana.℥.iii.ß of whyte Leade ℥.iiii.of Turpentyne ℥.r. of Ware , as mutch as wil suffyce to make your emplaster , accordynge to the Arte somewhat blacke.

Sickenes.

How make you Emplastrum de Ceruſa?

Health.

TAke of the Oyle of Roses li ii.of whyte leade.li.iiii.of whyte ware.℥.bi. make an emplaster. This is a very pleasaunt emplaster, agaynste all soares which come by reason of the heate of the sonne or by any other hoote cause,agaynst rubbinges, gallynges, or excoriations of heate.

Sickenes.

Howe make you Emplastrum Palmeum

Health

TAke Litharge of Gold.li.iii.of Oyle Olive,p̄ swynes grease ana li.i.ß.of greene Coporas.℥ iiii.Buddes or toppes of the Date Tree seeth them altogether on the fyre,and styre them cōtinually,with a sticke of the same Date tree, and if you cannot haue the buddes or tops of the Date tree,you may take the rootes of Reeds. This is a very excellēt plaster agaynst woundes , festered with blood, and agaynst greeuous impostumes,burnings,bruysyngs,shoting, and pryckyng of humours.

Sicknes

How make you Emplastrum Tripharmacon

Health.

TAke of Oyle Olife.li. iiii.of Litharge of Gold li ii. of Vineger. li.ß make the plaster accordyngly. This emplaster doth bryng new flesshe agayne in woundes. and doth heale them.

Sicknes.

How make you Emplastrum Deſiccatiuum rubrum?

Health.

Health.

TAke Licharge of Gold. ℥.iij Dyle of Roſes, oyle of Vyolets, ana. li ß. of Twaxe li. ri. the ſtone called Lapis Calaminaris, of terra Sigillata, of redde Isade, ana. ℥. iiij. of Camphur. ℥ i. make ỳ emplaſter. This doth dyze vp Byles, and ſoares cleanſed.

Sickenes.

How make youre Hiera Picra Galeni?

Health.

FIrſt take of Saffron, Spicknarde, the woodof Balme, Caſſiafiſtula, Cynamome, Maſticke. ana. ℥. vi. of Aloes a hũdzeth ℥. and take of Hony aſmuch as will ſuffice, beate them & wozke them al in the Juice of Colewoztes, Wozmewood, oz wyne that they may be ſo mingled togeather, as Leauen in dow, put vnto theym Scammony, that they may the better cleaue togeather, and alſo purge the body of Choler: if you will put thereunto Agarike, & the inner part of Coloquintida, then it wil purge phlegme, and if the flower of harder Tyme be myngled with it, then Melancholy is thereby purged. To make it the moze gentle in operacion, and leaſſe noyſome to the Stomacke, the Potecaryes put vnto this compoſition, twyſe ſo much Aloes, as of al the other kyndes. Youre Aloes muſt bee bzoken and waſhed, that it may the better goe to the Botome of the water, and the dzoſſe which ſwymmeth aboue, ought to be caſt away with the water, and this muſte be done twyſe oz thzyſe: when it is wel waſhed, then it wil be a very holeſome medicyne foz the Stomake, and nothing hurtful to the inward partes: after this the other Symples and medicines ought to be mingled, and ſo it ſhalbe a very good purgation foz weake ſtomackes. This purgation which is made with Aloes, doth remedy the Iliaca paſſio, and conſumeth ſuperfluous humours, in the ſtomak, it doth amend the palenes of the face, the eye ſight which is dymmed with groſſe humours from the ſtomacke: it pzouoketh a man indifferently vnto the ſtoole, wozkyng and purging from the Liuer, it doth hurt thoſe which haue a hoat Liuer, but the ſtomake ther byis helped which is cold and flegmatike.

Sicknes

How make you a Julep of Roſes?

Health.

FYrſt take of Roſe water li. iii. of fyne Suger ſodden and clarifyed. li. ß. make your Julep with a ſoft fyze. Thys quencheth the thirſt in hoate Agues, and doth aſſwage the heate both of the liuer and of the harte: it doth alſo reſyſt cozruption of humours, and keepeth a man in health.

Sickner.

How make you a Julep of Violettes?

Health.

Take

TAke of the water of Violet flowers.li.iii. of Fyne suger sodden and clarifyed li.ii.myngle them and,seeth them with a soft fyre. This is a pleasaunt remedy in al burning agues,and for those which haue a hot liuer or hart: it helpeth also those,which haue anye roughnes,in the wynde pype or throate,it helpeth the pluresy,and dry cough.

Sicknes.

How make you Lohoch de Pino?

Health.

TAke of the kirnels of the Pine aples.ʒ.xxx.of sweete Almonds,Walnuttes made in pouder, the gumme Tragantum, gumme Arabike, Liquorice,the iuice of Amilium, Wayden here,Lilly rootes.ana.ʒ iii. of Dates.ʒ.xxxb.of bitter Almondes.ʒ iii.Hony mingled with the iuice of greate Raysens,fine Suger.fresh butter ana.ʒ.iiii.of the best Hony asmuch as will suffyce.This doth heale old coughes,shortnes of breath,and causeth a man to auoyde grosse spittle.

Sicknes.

How make you Lohoch de Squilla, or Scilla

Health.

FIrst take the iuice of Squilla and of clarifyed Hony.ana.li.ʒ.seeth it vntil it shalbe thicke.This purgeth grosse and tough fleame,congeled in ỹ wynd pype,& causeth it easely to auoyd,it cureth also shortnes of winde, and the payne of the breast and syde.

Sicknes.

How make you Loche sanum.

Health.

TAke Cinamō,dry Hysope,iuice of Liquorice.ana.ʒ.ʒ.of Jaiubes, Sebesten ,ana,in nomber xxx.Reysons of Corranes.pycked Fygges ,Dates, ana.ʒ.ii.of Fenegreeke.ʒ.v,of Waydenhere.ℳ.i.of anisseede,Folium Indicum, Flowerdelice, Calamint,Linsede.ana.ʒ.iiii.seeth al these in foure pound of water,til halfe be consumed. Then put into this li.ii of Penydies with a confection of Suger,seeth it vntil it be as thicke as Honye, then mingle with this of Pineaples pared.ʒ.v.of blaunched Almondes,Liquorice,the gūme Arabyke,of Amilium,ana.ʒ.iii.of Flowerdelice ʒ ii. labor this confection vntil it shalbe thicke and whyte. This cureth the cough & hoarsenes of the boyce,which commeth of cold and fleugmatike humoures which be in the breast and Lunges.

Sickenes.

How make you Lohoch de Caulibus.

Healthe.

FIrst take of redde Colewort. li.of Saffron.ʒ.ii of Suger, Hony,ana.li. ʒ.make,your syrupe.

Sickenes.

How make you Lohoch de pulmone vulpis?

Health.

Take

TAke the Lunges of a Fox dryed, the iuice of Liquorice, Wayden iuice Fenell seede, aua. ʒ. iiii. make it wyth Suger, sodden in water, almutch as wyll suffice. Some make it wyth the iuice of Wirtes, and then it is both Laratiue, and also a comforter of the stomacke Thys is a pleasaunt remedie in all consumptions and diseases of the stomacke, it doeth both comforte and clense the lunges.

Sicknes.

How make you Mithridatum Manardi?

Health.

TAke the Duckes and Drakes bloud, the bloud of a Goose, and of herbe Grace called Rue, Fenell, Dill, Nauewes, aua. ʒ. iii. the roote of Gentian, Trifoly, Squinantum, Frankensence, dry Roses, ana. ʒ. iii. whyte and longe Peper, Coste, Valerian, Anysseede, Cinamom, aua. ʒ. ii. Myrrhe, Spicknard. ʒ. vi. Tormentill, Asarabacca, Amoniacum, ana. ʒ iii. Mace, Agarike. ana. ʒ. ii. Balmeseede. ə. i. Flowerdelice, Saffron, Rhaponticum, Mastike, ana ʒ. i. of Stichados. ʒ. b. make a fyne pouder of all these, and put fower tymes so mutch Hony as of the other, and myrt them, beat your pouders fynely, and seeth them softly.

Sickenesse.

How make you Mithridatum?

Health.

FIrst take of Storax Calamita. ʒ. i. ə. i. of Cloues, Spycknard, ỳ wood of Balme, Drobus, Louage, the Gum Tragantum, Mastike, Galbanum, Sandarike, the sweete thorne Aspalthus, the Otters stones, the Gumme of Iuie, Bdellium, Terra sigyllata, and Lemnia, Melilote, the Gumme of Ladanum, Opopanar, Ammoniacum, Opium, Brymstone vnflaked. Liquerice, Salte Peter, Hipoquistis, Acacia, Roses, Germander, saynct Johns worte, Sothernewood, Bionye, Hysope, Drganye, Enula campana, Sauyn leaues, the leaues of Baye tree, Aristolochia Longa, the flowers of harder Tyme, Worme seede, Rosemary. Centaury, Scaholme, the flowers of the wyld Pomegarnet, the inner rynde of the Mertyll tree, the flowers of Pomgarnet, Raddyssh seede, Squilla, Anisseede, Balme seede, Gette, Henebane, Fenell, Comyn, Cardamomum, Sylermontan, whyte Mustardseede and Parsley seede, Rue, whyte Poppye, Smalage yellow Carets, Clarye, longe Peper, Basyll, Amomum, ana. ʒ i. Gladium, the common Burre, Swynes Guttes, Capars, Tutsan flowers, the horne of the Red Deare, ana ə. ii. of the iuice of Balme, or of Myrte tree, Cynamom, Saffron, Coste, Squynantum. Gynger, Folium Indicum, and in steede of it, Cloues or Spyckenard, Turpentyne washed, Myrre, Frankynsence, Cassiafistula, Agaryke, Spyca Romana, Rhaponticum, Flowerdelyce, Asarabacca, Dyttan, Horehound, the inner rynd of Coloquyntida. Styca-dos, Mugwoort, Calampynte, Pellitarye of Spayne, Grounde Pyne, blacke and whyte Peper, Manna or sweete dewe, Cresses. Synkefoly, ana. ə. i. of Bayberies. ℈. vi. ℔. of stronge and old Wyne. ʒ. i. of Honye asmutch as wyl suffyce, Thys doth cure all diseases of the head, whych come of Colde, and chyefly Melancholy, and fearefull persons, the fallynge Euyll,

This is an excellent Mithridatum, that is of Andromachus, but the best is made at Bisance.

the Wygram runnyng eyes, and all other diseases of them, the toth ache, and all gryefes and sozes of the mouth and iawes, if it be layed on the place infected. if any Reume distill from the head then it must be layed to the Tẽ-ples, after the fashion of an emplaster. it cureth also the Quincie and Apo-plexie, wbych is wban a man can neyther feele noz moue, it helpeth also the Coughe, shortnes of wynd, spytting of bloud from the Lunges, and all in-ward diseases, it cureth also stifnesse of members, when the sinewes bee so stiffe that the parte cannot moue, it also helpeth the Crampe, Conuulsions, Palses, diseases about the Wydzif, Raines and the bladder, it breaketh the stone, prouoketh the Flowers stopped, and healeth all diseases of the Ma-trice, it mollyfieth all hardnesse, and cureth the Goute, and it is a chefe re-medy for all poysons, and agaynst the byting of a mad dogge, oz any other beast. if it be layed to the place oz dzũken, it cureth also Quarten Agues and Quotidiã taken with it luke warme wyne, an hower before ỹ fit commeth.

Sickenes.

How make you Micleta?

Health.

TAke of the three fyrst kyndes of Micobalans dzessed and made in pouder. ʒ ii. ß. Cumminu, Anisseede, Folium, Indicum, Amios, Caro-wayes. ana, ʒ. ii. ß. Cresses seede. ʒ. ii. ß. Bellericum, the fourth and fifte kynd of Mirobalans made in pouder, ana. ʒ. ii. infuse all these in Vineger a day and a nyght, afterward make them in pouder. then myngle with them Spody, the flowers of the wild Pomgarnet, Mastike. Gumme Arabyke, Manna oz sweete Dew, ana. ʒ. ii. stampe them all wyth the Oyle of Roses, and temper them wyth the syzup of the Myztle tree. This confection hath ben pzoued agaynst the Emeroides, gnawyng and gripyng of the belly, the bloudy Flures of the body, and is to be gyuen in the Syzup of Planten. ʒ. iiii. in the Nyght.

Sicknes

How make you Miua simplex seu Aromatica?

Health.

TAke a hundzed. l'i. of the iuice of Quinces, put it into a cleane vessell of stone, and let it boyle softly. scumyng of it tyll it be halfe consumed, then straine it. and let it stand .iiij. howers, and cast vppon it, lx. l'i. of olde Wyne, thys done set it on the Fyre and seeth it vntyll it be thycke, some Potycaryes make it wyth these spyces wbych follow, & some wythout: they take of the best Cinamom, the lesser Cardamom, ana. ʒ. iii. of Cloues ʒ. ii. of Synger, Mastyke, ana. ʒ. i. ß. of Saffron. ʒ. ii of lignum Aloes, Mace, ana. ʒ. ß. stampe all these grosely, except Saffron, and hang them in a clothe, and make them sweete wyth. ʒ. i. of Muske, and wyth. ʒ. ii. of the confection called Gallia Muschata. there be also some other Poticaryes wbych make thys confection wyth Suger. Thys confettion fortesyeth the stomack. liuer, and all the pzyncipall partes. it causeth good appetyte and digestion. it stop-peth also vomyting, and flures of the body.

Sickenes.

How make you Mel Rosatum?

Health.

Health.

TAke of Red Roſes prepared and dreſſed as in the Conſerues before, ana.ii.partes, of good hony.vi.partes, ſeeth them wyth a gentle fyre accordyngly, ſome Poticaries put in equall partes, both of Hony, and of ỹ iuice of Roſes wythout any leaues, ſome other put alſo of ỹ leaues .i. part and ß. and of the iuice .i. part ß. of Hony .iii. partes. This comforteth the ſtomacke, and doth digeſt and purge Flegmatike humours contayned in the Stomacke, or in the Veynes.

Sickenes.

How make you Mel violatum?

Health.

TAke of the Flowers of Vyolets .i parte, of good Hony .iii. partes, ſeeth them with a a ſofte fyer. Thys is a ſinguler good remedy in hoat Agues, becauſe it maketh the body moyſt and alſo laxatiue, it aſſwageth the dryneſſe of the ſtomacke and breaſt.

Sicknes.

How make you Mel Anthoſatum?

Health.

TAke of Roſemary flowers .i. parte, of Hony .iii. partes, make it as the other before.

Sickenes.

How make you Manus Chriſti?

Health.

FIrſt take of Suger claryfied and melted in the Water of Roſes .l'i. ß. ſeeth theſe two tyll the water be conſumed and the Suger hard, in the end of your decoction put in .ʒ. ß. of Perles or precious ſtones, made in fyne pouder, then lay it vpon a Marbell ſtone anoynted wyth oyle of Roſes or Vyolets, or Roſe water.

Sickenes.

How make you Oximel ſimplex?

Health.

TAke of good Hony .ii. parts, of Vineger .i. part, of well water .iii. parts, your Hony and water ought to be ſodden together, ſo that no fome be ſuffered to abyde aboue, then put in your Vineger, and let it ſeeth well, vntyl your Hony ceaſe fomyng. This doth purge groſſe and Flegmatike humours, by makyng of them thinner by diſſoluyng them, by opening, and breakyng of them, it doth alſo diſgeſt the matter wherby remayneth of longe Agues.

Sickenes.

How make you Oxymel Diureticum?

Health.

TAke of the rynde of the roote of Smalage and Fenell, ana.l'i.i. Parſlye, Kneholme, or Butchers broume, Sperage, Smalage ſeede, Fenegreeke ſeede, ana.ʒ.i. ſeeth theſe rootes and ſeedes in one.l'i. of water, and one.l'i. of Vineger, vntyll they come to the halfe and a lyttle more, then take of Honye aſmuch as wyll ſuffice, and ſeeth it well, and make a ſirupe.

Sickenes.

How make you Oxymel Squilliticum?

Health.

TAke of clarifyed Hony.℔.iii.of Vineger of Squilla.℔.i.it seeth it sufficiently. Thys dissolueth grosse, toughe, and Flegmatike humours, it cureth also belching which commeth of raw and vndigested homors it healeth also the Bladder exulcerated in mollifying of it.

Sickes

How make you Oxysaccara simplex?

Health.

TAke of Suger.℔.i.of the iuice of Pomgarnets.℥.viii.of Vineger.℥.iiii. seeth it on the fyre, tyll it come to the forme of a Syrupe. This is very good in Tercia, Quartan, and burnyng Agues. In the springe tyme, it purgeth choler in the stomacke.

Sickenes.

How make you Oxisaccara composita?

Health.

TAke of Maiden hayre, Ceteracke, Hartes tongue, Liuerwort, Violets, Fenell, Sperage, Kneholme, or Butchers broume, Stichworte, ana. ℔.i.make it after this fashion: lay your herbes and rootes in the iuice of Pomgarnets by the space of three dayes, vpon the fowerth day, boyle thē a lyttle, and strayn them well. Afterward put vnto them asmuth Suger as wyll suffyce, seeth them tyll they shalbe thycke.

Sickenes.

How make you oile of sweete Almonds?

Health.

TAke Almonds and blanch them, and take away also ỹ inner Rynd, then stampe them well, and make them in massie pieces in a hoate place, by the space of fyue dayes, then beate & stampe them together agayne, & then presse them, so that the oyle may issue forth, and if you wyll seeth it agayn in a vessell, set wythin an other, by the space of an houre, and then presse it, it wyll runne mutch better: you shall haue mutch plenty of oyle, if you fyll bagges wyth Almondes stamped, and then lay them vnder hoate ashes or sande, betwene a cloth, and afterward presse them. Thys oyle mollifyeth the roughnes of the throat, the hardnes of the Lunges, and of all the inward parts, it healeth consumptions, and encreaseth seede in mē, it asswageth the heat of the matrice, and of the pryuy parts of a woman, and also the heat of the reynes, and of the bladder, if it be layd to the place.

Sickenesse.

How make you oyle of bitter Almondes?

Health.

THis oile must be made in all things lyke vnto the other before. This openeth all obstructions and oppylacions, and causeth wynde to auoyde, maketh the flesh smothe and fayre, it doeth also take awaye spottes, and deformities in the face, ache in the sinewes, and all hardnes.

Sickenes.

Sickes.

How make you oile of Baye?

Health.

FIrst take rype Bayberies, and stampe them well in water, and straine them, when they bee colde gather of the fat, whych swymmeth aboue, and it shall bee your oyle. This oyle byngeth heate and mollyfieth, in so mutch that they, whych bee troubled wyth scabbes, ringwormes, or anye sutch sores, be cured therewyth, if they be anoynted, when they bathe them. Cholerike persones, and all those whych be suspected to haue the Leprosye or any part thereof, must eschue and auoide this oyle: it is a synguler remedy agaynst colde complexions, moist and flegmatike, and those whose ioyntes be affected with cold, it cureth falling away of the haire, taken with the water of Saltpeter: this done, you must also wash your head, with wine and Honie, and with the flower of Fenegreeke, howbeit, if your head bee dryed wyth any gryefe of heate, then you must vtterly eschue this oile

Sickenes.

How make you Oleum Sesaminum?

Health.

FIrst take and wash the lyttle grayn Sesamum, from all fylth, then sprynkell vpon it a lytle water with Salte, and rubbe it wyth poure handes, then cast Water vpon it againe, tyll it be moyste, afterward lay it forth to dry, whych thing done, you must take it againe, and dry it better by the fire, so moderately as you can, and after this put it into a bagge of course cloth, and rubbe it again with your hands, til the huske go of, whē the huske is taken of, you must then grynd it, and presse forth the oyle as you dyd in makyng the oyle of Almonds, you may make after this fashion oyle of Lineseede, Popie seede, or Lettyce seede, sauyng that your Lyneseede, may not haue the Huske taken away. This oyle encreaseth fatnes, and seede in a man, it mollifieth the throate, you may also mingle this oile, with many other.

Sickenes.

How make you oile of Spike?

Health.

FIrst take of Spike. ℥.iii. of wine and water ana. ℥.ii. ℈. Oleum Sesaminum, l'i. ℈. seeth these in a double vessell, that is, one set within an other, with a soft fier, by the space of fower houres, and stirre it continually. This is a very good oile against all diseases of colde winde, grieues of the sinewes, stomacke, liuer, splene, reines, bladder, and matrice, the head ache, & me grim.

Sickenes.

How make you Oleum de Costo?

Health.

TAke of drye Coste. ℥ ii. of Cassiafistula. ℥. i. the buddes Toppes of Mergeram. ℥. biii. of sweete wine, asmutch as will suffice to lap the stuffe in two nyghtes, take of the Oyle of Sesaminum, l'i. iii. seeth it as the Oile before. This oile engendreth heate in the sinewes, and in all parts

of the body, it openeth obstructions and opilacions, it fortifyeth ỹ stomack and Lyuer, it keepeth the hayre from fallyng of, & the head from horeneſſe, it causeth good colour, and sauour in all the body.

Sickenes.

How make you Oyle of Rue?

Health.

TAke oyle Olyue, l i.iii. the leafe and iuice of Rue, ana. ʒ ii. make an oyle accordyngly. This doeth heale and dry, therefore it is a present remedy against all distillacions and reumes, it asswageth griefes of the breast, and bryngeth heate to colde members.

Sickenes.

How make you the oyle of Dyll?

Health.

TAke of oyle Olyue. l i.ii. ʒ.ii the flowers of Dill. ʒ.vi. lay the flowers of Dill three dayes in Oyle, and seeth them the fourth, wyth a soft fyre a lyttle, and then take them of, thys done put in to the same decoction. ʒ iii. of Dyll flowers, and seeth it in the same, and kepe it. This oyle asswageth all griefes and aches, it openeth, looseth, and prouoketh a man to sweate, it doth mitigate the colde, and shakyng in Agues, if the backe bone be therewyth anoynted, it causeth sleepe, and cureth the head ache.

Sickes.

How make you oyle of Camomyll?

Health.

TAke of Oyle Olyue. l i.iii of the flowers of Camomill. l i.i. make it as the oyle of Dyl. This doth mitigate al aches, it stoppeth fluxes of humors, because it doth loose, and not bynde. Paulus Ægineta doth take. ʒ.ii. of the dry flowers of Camomill, without the whytes, and doth couer the vessell with a lynnen cloth, so that the ayre may pearse through, & then doth set it in the Sunne, by the space of fourty dayes, after thys the mouth ought to be wel stopped, and so kept, and if you cannot haue greene flowers, you may take dry, and seeth them in a double vessell, that is, one set within an other, howbeit, the oyle shalbe of lesse strength and efficacye. This oyle is electuarius to the teeth anoynted by it selfe, or by some other temperate thyng, doth open the poares, and causeth the skyn to be thyn, it cureth longe Agues, and all griefes, if the place bee anoynted wyth it, and sweete Wyne.

Sicknes

How make you oyle of Myrtes.

Health.

TAke of Salet oyle. l i.iii. of Myrtes stamped. l i.i. of the best Wyne l i.ii. myngle theese togeather, and suffer theym to boyle, vntyll the Wyne bee consumed, then straine theym, and so reserue it. Thys Oyle doeth refrigerate and bynde, and therefore it cureth the flure, whych commeth of weakenes of the stomacke, burnynges, pympelles, kibes and gaulynges, if the place be therewyth anoynted, it healeth clysses about the Fundament, and the broad piles, the weakenes of the Members, it stoppeth also vomytyng and sweatyng.

Sickenes.

Sickenes.

How make you oyle of Flowerdelice?

Health.

TAke the Rootes of Flowerdeluce. ℥. ii. and of the flowers. ℥. iiii. and of the Decoction of the Rootes. ℔. i. of oyle Olyue. ℔. ii let theym boyle in a double veſſell, vntyll the water be conſumed, after thys ſtrayne them, and chaunge the rootes, and flowers and decoction, thys ought to be twyſe, and then ſtrayne them, and reſerue them: the Poticaries commonly make it after this faſhion, how bee it, you ſhall reade in Dioſcorides another forme of makyng this Oyle. This Oyle ſcoureth, purgeth, loſeth, openeth, ripeth, and aſwageth aches of colde, it rypeth rawe humours in the Breaſt and Lunges, it taketh away payne in the ioyntes, and mollifieth the hardnes of them, all impoſtumes and ſwellyngs about the necke or in any other place, it aſſwageth payne of the Matrice of colde, the Crampe and payne about the Reynes, and the ſtenche alſo of the Noſe.

Sickeneſſe.

How make you Oyle of Roſes?

Health.

FIrſt take oyle Olyue, or the oyle of the graine Seſamum, waſh it oft wyth well water, then take a ſufficient quantity of Leaues of young and red Roſes beaten, and couer them wyth the oyle wherein they were waſhed, and ſtop the mouth of the veſſell, and ſet it in the Sun by the ſpace of .vii. dayes, afterward ſeeth it in a double veſſel, by the ſpace of three howers, then chaunge agayn the Roſe leaues, and take freſh and ſet theim in the Sunne other ſeuen dayes, after this ſeeth them againe, and chaunge them as you dyd before, and put vnto them infuſion of Roſes, aſmuch as of the oyle, and ſtop the mouth of the Veſſell, and ſet it in the Sunne, by the ſpace of fourty dayes. This oyle (as Meſue wryteth) doth comfort, loſe, open, and aſſwage all aches, it is alſo good agaynſt inflacions, and flures of Humours, therefore beyng dyunken, it is a preſent remedy agaynſt the bloudye flure, and all other flures. There be two kynds of thys oyle, the one is made of rype Roſes, Leaues, and the other of oyle Oliue, and Roſe leaues: the firſt kynd doth moilify, and make the ſkyn thynne, it openeth, and aſſwageth all manner of griefes: The ſecond kinde doth refrigerate and binde, and therefore it cureth the headache in Agues, or of the heate of the Sunne, it aſſwageth burnyng, which is engendred of wynde, in a full ſtomacke, and finally it cureth all aches of the head, if the place be therewith anoynted, it is alſo a preſent remedy againſt payne in the ſtomacke, or Bowelles commyng of ſharpe humors, if it be mixt wyth ℥. ii. of Maſtike, and with a lyte quantity of Ware, it aſwageth all red inflamacions, if the place be anointed wyth it.

Sickenes.

How make you oyle of Violets?

Healthe.

FIrſte take Oyle Oliue. ℔. ii. of younge Violets ſtamped. ℥. iiii. put them into a Glaſſe, and ſet them in the Sunne by the ſpace of. vii. daies, after-

ward boyle them in a double Vessell by the ispace of three howers, then streyn and reserue them. Paulus Aegineta doth call this oyle, Jaton and wryteth that it is made eyther of Purple Violets, or els of yelow Violets, whych many iudge to be Harteseale: he wylleth also that the Vyolets shall stande .x. dayes in the Sunne and be thryse chaunged, and the vessell to bee so stopped that no ayre may enter in, and in the meane time you may put in dry Violets. This asswageth all inflamacions in what part so euer they be, it mollifyeth exulcerations and horsenes of the breast or lunges, it mitigateth hoat apostumes, and the pleuresies.

Sickenes.

How make you Oyle of Quinces?

Health.

FIrst take of the Quinces whych be not fully rype, and stampe them, and of the iuice of them, ana. equal parts, of the oyle of vnrype Olyues. asmuch as wyll suffyce, put it into a Glasse, and set it in the Sunne by the space of .xv. dayes, then set it in a double Glasse, whych is one vessell set within an other by the space of foure howers, then chaunge your Quinces, and the iuice of them once or twise, and make it as you dyd the other, after this streyne it, and reserue it. Dioscorides doth shew an other and a better way to prepare this oyle, Paulus Ægineta doth call this oyle Melinon, and maketh it after this sorte: he doth take of Quinces vnpared. ℥. iii. of the oile of vnrype Olyues. ℥. xviii. and doth sette it in the Sunne . xl. dayes . Thys Oyle fortefieth the stomacke, and the pryncipall members. and the sinewes which be lose and weake, it prohibiteth ouermutch sweating, it is also a present remedy against all Fluxes.

Sickenesse.

How make you oyle of Masticke.

Health.

This Oyle is so good, that it is called the second, that is fower better, for the vertue therof

TAke of Masticke. ℥ iii. oyle of Roses. ℥. xii. of good wine. ℥. viii. seeth thē in a double vessell accordingly. This Oyle, as Melue wryteth, is the second for hys vertue, for it comforteth the stomacke, sinewes, lyuer, and ioyntes, it doth mollify hard apostumes, and asswageth achyes.

Sickenes.

Howe make you Oleum Castoreo.

Health.

FIrst take. ℥. i. of the Otters stones, and seeth them in one pound of oyle Olyue, vntyll the thyrd part be consumed, then keepe the oyle in the pouder of the Otters stones.

Sickenesse.

How make you Oleum de Euphorbio.

Health.

TAke of Euphorbe. ℥. ß. of Oyle of Hartes ease. ℥. b . of sweete Wyne as mutch, seeth it tyll the Wyne be consumed, and then reserue it.

This oile is very good against cold diseases of the sinewes, the ache of them and of the ioinctes, the paine of the Liuer and spleene, the head and the reume

Reume, the Uertigo and forgetfull diseases. Galen doth make thys Dyle Oliue of Euphorbe, accordynge to the Pacients infyrmitie, as it doth appeare in the second booke De composicio Medicamentorum.

Sickenesse.

How make you Oleum vulpinum.

Health.

TAke a whole Fore, except the bowels, and put hym in a vessell, and powre vppon him Welle water, and salte Water. ℥.xviii. of olde oyle. ℔.iii. seeth thys ouer a softe fyre, wyth. ℥.iii. of Salte vntyll the Water be consumed, then put it into a vessell, and powre to it sweete Water, wherein the herbes were sodden. ℔.ii. and Time ℈.ii. seeth them agayn, tyll the water be consumed. Thys oyle is a chief remedy agaynst the payne in the iopnctes, that is called Arthritica passio, agaynst the Goute in the feete, & payne in the raynes, and backe.

Sickne.

How make you Oleum de Tartaro?

Health.

TAke of the lies of whyte wyne. ℔.ii. or els asmutch as you iudge beste, make it in pouder, and wrape it in a lynnen cloth, or in towe, then myngle it agayne wyth stronge whyte Uynegar, afterward drye it agayne vnder hoate ashes, vntyll it shalbe very black, then make it in pouder agayne, and set it in a Uessell in a colde place, and so let it stand by the space of. viii. dayes, tyll it shalbe resolued into oyle and runne, and if it wyll not runne of it selfe, then presse it wyth your handes into a Glasse. Wyth thys oyle women doe anoynte theyr faces, to make them smothe and faire, for it clenseth the face merueilous well wyth Camphere.

Dry your Tartar in an Oueu.

Sickenes.

Howe make you Oleum de Scorpione

Health.

FIrst take twenty Scorpions, more or lesse, accordyng to theyr quantity, put them into a vessell of Glasse, and powre vpon them ℔.ii. of oyle of bytter Almondes, stop the mouth, and set it in the Sunne. xxx. dayes, and so vse it. Thys oyle is the most present remedy, to breake the stone in the reines, or the bladder, chiefly if the reynes or the necke of the bladder, or the places there about, be anoynted wyth it, or els it be ministred in by the yerde. it is also made wyth olde oyle, and mixed wyth many other medicines, whych be good agaynst poyson: it is also a present remedy agaynst the pestilence, or stingyng of Scorpions.

You shal haue Scorpions at the Poticaries.

Sickenes.

How make you Oyle of garden Lillies.

Health.

FIrst take of oyle Oliue. ℔.i. of flowers of whyte Lylles. ℥.iiii. make this oyle, as you dyd the oyle of Camomill. Paulus Aegineta doth shewe another way of makyng of thys Oyle. This Oyle is very good against womens diseases, runnyng soares of the head, the scurfe, or any other breaking forth, if ỹ place be therwith anointed, it is also good against al diseases

diſeaſes,and aches of colde,and inflamacions,alſo anoynted with Saffrō: if it be dronken,it wyl purge choler but it is noyſome to the ſtomacke.

Sickenes.

How make you Oleum de Papauere?

Health.

Nunnhar,is the water lilie,whyte or yelow.

FIrſt take of the flowers and greene heads of Popie ſtamped ana .ʒ. .iii.of oyle Oliue not rype,l'i.i.ʒ.iii.make your oyle accordyngly. Thys oyle aſſwageth headache,and cauſeth a man to ſleepe when the cauſe of wakyng commeth of heate or vapours aſcendyng to the head,if the temples,noſe,eyes,or forehead be therewyth anoynted.

Sickenes.

How make you Oleum Nimphæatum album?

Health.

TAke of oyle Olyue not rype.l'i.i.of the flowers Nenuphar whan they be freſh,and ſtamped.ʒ.iiii.kepe them in a veſſell of glaſſe and repare it as you dyd the oyle of Violets,both for ſettyng in the Sunne,and for the ſeethyng and chaunging of the flowers,and the mixing of the decoction.This oyle hath almoſt the vertues of the oyle of Poppie,but becauſe it is not ſo cold,and doth not ſo mutch dulle ſenſes therefore we myngle wyth it the Oyle of Popie to cauſe a man ſleepe the better,it altereth a hoat complexion, vnto what parte ſo euer it be layed.

Sickenes.

How make you Oleum Menthæ?

Health.

FIrſt take of Mintes leaues,and of the iuice of it.ana.ʒ.iiii.vnripe oile Olyue.l'i.iii.put theſe into a veſſell of Glaſſe,and ſet them in the ſunne by the ſpace of.xv.dayes,ſtoppyng the Mouth of it,thys done boyle them.iiii howers,then ſtrayne them wel,this beyng don,afterward ſtrayne it,and ſo let it be kept. Thys oile is good for a weake and a cold ſtomacke, it ſtoppeth vompting,and cauſeth digeſtion,it moueth a man to his meate, and mollyfieth all hardnes in what part of the body ſo euer it be.

Sickenes.

How make you Oyle of Wormewood?

Health.

TAke the buddes,toppes,and iuice of Wormewood,ana .ʒ.iii. of oyle Olyue.l'i.iii.you ſhall make thys as you dyd the other. Thys doth comforte and bryng heat to cold members,it fortefyeth the ſtomacke , and cauſeth good appetyte,it openeth obſtructions and healeth diſeaſes whych come of a cold cauſe,it deſtroyeth wormes and doth bryng them forth,if it be mixte wyth oyntments and plaſters and layd to the place.

Sickenes.

How make you Oleum Lumbricorum?

Health.

TAke of earth wormes l'i.i.ß.of oyle Olyue.l'i.ii.of wine.ʒ.ii.boyle them all together,and make an oyle accordingly. This is comfortable to the ſinewes vexed wyth cold,and good for the ache of the ioyntes.

Sickenes.

Sickenesse.

How make you Oleum de Cherua or alba viola?

Health.

TAke Flowers of Hartesease.℥.xii.of Oyle oliue.℔.ii.the flowers of Hartesease must be layed.iii.dayes in Oyle,seeth them well on the fourth day wyth a soft fyre,this done,put vnto the decoction ℥.iii of the flowers of Hartesease,then set it in the sunne and reserue it . Thys oyle openeth,loseth and asswageth payn of the Joynets and Sinewes,Breast, Reines and Bladder.

This sweete herbe growe vpon walles and in Gardens,it floriseth in Apryll and Maye.

Sickenes.

How make you a Pomander?

Health.

TAke of Storar Calamita.℥.i.℈.of Beniamin.℥.ii. of the gumme Ladanum.℥.℈.of Cloues,whyte Saunders,ana.℥.iii. of Roses, Mergeram,ana.℥.ii.℈.mingle wyth these pouders of Musk and Ambergrice, ana.℈.i.make your baule wyth the infusion of Rose water and Bluet, in a morter somewhat warme.

Sickenesse.

How make you Diahyssopus Nicholai, **which is greatly cõmended of Corydus?**

Health.

IT is a very holsome medicine,and must be thus made as foloweth, take Hysop,Breos or Flowerdeluce roote,Time,blacke Peper,ana.℥. rrr.Puliall roial,Sauory,Rue,Commin.ana.℥,rr.℔ Fruict of Dates, Tragagant,Liquerice,fat Fygges,Raysens of the Sun wythout stones, Fenell,ana.℥.r.Ginger,vncollered Carowaies,Louage seede,ana.℥,b . and Suger,beate your dryed thyngs in a brasse morter,and your moyst thyngs in a stone morter,and then temper them together according to arte as Manus Christi or sokter.Thys Dia is good to be eatẽ for the coldnes of the head, and fastneth vp the vuila,purgeth the arteirs,stomacke,Lunges,Cough,& helpeth Pleurises,and thys is good for thee,for thou arte mutch troubled wyth these euyls.

Sickes.

How make you Diacostum,**after Mesue?**

Health.

YOu must make it thus.Take sweete Cost Arabicum,or for that Costmary the whytest,the wood of Cassia,Cinamom, ana.℥. b. the seedes of Smalage , of Anisseede,& Rubarbe and Squinans ana.℥.iii.Azarabacca rootes, Saffron , Aristolochia,Myrrhe, ana .℥.ii. and Suger as muich as wyl suffice,stampe youre dried things in a morter,and serse them. and stampe your moyst in a stone morter,and myngle them together , and seeth your Suger wyth Rose water,put in your receiptes in the ende, and make it as hard and as soft as you wyll, thys helpeth Dropsyes,and stoppings of the Guts,wynd,cold or rawnes,paines of the collyke.

Sickenesse.

How make you Diatrion Sandalon Nicolai?

Health.

TAke the three kyndes of Sanders,whyte,red and yellowe, of red Rose leaues,fyne white Suger,ana.℥.iii, Rubarbe , Spodium the Spryne

of

of Liquerice, Purſlen ſeede, ana. ʒ.ii. ɜ. ß. G. b. Ample, gumme of Arabike, and of Tragaganth, the ſeedes of Melons, Cucumers, Gourdes, Citrons Succorie. or Endiue, ana ʒ.i. ß. Camphire. ɜ, i. and Suger to ſeeth it in, when the pouders be fynely ſerced, and the Gummes reſolued, and ſo temper them in your panne, hauing Endiue or Burage water: this is moſt holſome againſt all the ſickenes of the lyuer comming of heate aboue nature, and helpeth the yellow Jaundice and cauſeth ſleepe.

Sickenes.

How make you that moſt worthy and excellent Cordiall, Diamuſcum dulce?

Health.

YOu muſt vſe theſe ſimples folowyng Take Saffron, Doronike, Setwall, wood of Aloes, Mace. ana. ʒ.ii. whyte fine perle, rawe white ſilke dryed and beaten into pouder, Carabe or Crabſyſh, red Corall, Gallia Muſchata, ſweete Baſell, or Balme, the whyte and the red Ben, or the flowers, Spicknard, Cloues, ana ʒ.i. whyte Ginger, Cubebes long Peper, ana. ʒ.i. ſweete Muſke, Ambergrice. ana. ɜ. i. ß. beat theſe finely in pouder, and with Suger and Roſe water ſeeth them accordyngly into a thickenes, tēper it ſtill, and powre it vpon a Marble ſtone. This is good againſt the paſſions of the heart, in ſwellyng of the ſtomacke, lacke of ſleepe, fallyng ſickenes. and ſhortnes of breath, to be eaten mornyng and euenyng. You maye make an other good Diamuſchum Amarum, of a ſtronger effect, againſt the Dropſy, to dry moyſt humours, and to clenſe corruption, or putrifaction within the body: if you adde theſe thynges. Take dry Wormewood, fine yellow Aloes, Caſtor whych be Beuers ſtones, and Louage ſeede ana. ʒ. iii. ß.

Sickenes.

How make you pouder of Violets?

Health.

TAke of flowers of Violets. ℥i ß. of Roſes. ʒ. iiii of Cipers. ʒ. ß of Mergerā, Cloues, ana. ʒ. i. whyte Saunders, Beniamin, ana. ʒ. iiii. of Storar Calamita. ʒ. i.

Sickenes.

How make you Puluis contra Peſtem?

Health.

TAke of Sinkefolie, Dittan, Tunis, Scabious, Bugloſſe rootes, ana. ʒ. ß. the kernels of Pomcitron, Sorell, ana. ʒ. iiii. of Coriander ʒ. ii. of red Roſes. ʒ. i. of Purſelin ſeede ʒ. ii the ſhauyng of Iuorie. ʒ. ii. of whyte and red Corall, ana. ʒ. i. ß. of Terra Sigillata, ʒ. ß. of Bole Armoniake ʒ. ii. mingle them and make a pouder.

Sickeneſſe.

How make you Puluis de Boloarmenio?

Health.

TAke of ỳ thre Saūders, Galāga Aloes, Cinamō, red Coral, red Roſes, the ſeede of Melons, ana. ʒ. ß. the rootes of Tunes and Sinkefolie. ana. ʒ. iii. the ſhauing of Iuorie, of Hartes horne, ana ʒ. ß of Aniſſeede, Fenell ſeede, Ginger ana. G. xv. of Sorell ſeede, of the kirnels of Pomecitron, Juniper

niper seede, Cloues, ana. ʒ. ß. of Bolearmoniake. ʒ ii. make a pouder thereof.

Sicknes.

How make you Puluis contra Lumbricos?

Health.

FIrst take of Wormewood. ʒ. i. of Luppynes. ʒ. i. ß. myngle them and make a pouder.

Sickenes.

How make you Puluis bezoardicus?

Health

TAke of Bolearmoniake. ʒ. ii. of red Roses, or Sorell seede, of the Kernelles of Pomecitron, of Hartes horne made in pouder, Rue seede, the roote of Doronike, Amber seede of Sowthistel or Cardinus Benedictus. ana. ʒ iiii of both Corals, of lignum Aloes, of rawe silke, neither coloured, nor dyed. but as it cometh from the silke worme, of the thre Saunders, of Perles, of the bone in the Hart of the red Deare. ana. ʒ. i. of the Emerode. ʒ. ii. of the pouder of Perles, of Sinkefolie, Dyttan, Tunis, Scabious, Coryander, Terra Sigillata, ana. ʒ. ii. of Camphyre. ʒ. ii. of Saffron. G. xb. of Amber, ʒ. ii. of Muske. ʒ. iiii & make a pouder, if it be put in the syrupe of Ribes, it is a goodly Cordial.

Let this Bolearmoniake bee put in a little Vineger. and so dryed

Sickenes.

How make you Penides?

Healthe.

TAke of the Best Suger. li. i or. ii. and at the most three, and put it into a vessel of Brasse, beyng couered within with Tinne or els into an earthen vessel, one of Brasse is better for this purpose, wet your Suger with such a quantity of sweete water as wil couer it, and if youre Suger bee very good and stronge, mingle with it for euerye pound of it ʒ. i. of Hony, then sprinkle vpon it oyle of sweete Almondes, and if you haue not thys Oyle, you may vse some other in the steede of it, set your vessell on a fyre of coales without smoke, and seeth it vntil the water be almost consumed, you shal know whether it be sodden ynough or no, thus: take a drop of it, and lay it vppon a Marble stone, and touch it with your finger, if it appeare lyke threads, and wil cleane, and sticke vnto your fynger, then take it from the fyre, and lay it vppon a Marbel stone, and draw it abroad after that ye haue mingled it with the Oile of sweete Almonds, or of Sizamin, after this gather it togeather agayne, as hote as your handes wil suffer, afterward draw it forth agayne with your handes, as sweete Electuaries be drawen, and then sticke a croked naile very hygh in the wall, and cast it vpon the croked nayle, and so draw it long til it be whyte, you must keepe it by the fyre, as long as you do draw it, that it may be hote, and more gentle to draw, when you iudge it to be whyte ynough, then cut it with sheres in peeces, if you make this confection roundelong, or otherwyse, then take of whyte Amilum, breake it and stampe it, and lay it vppon the Marble stone, and then cast vpon it the paste of Penidies, and rolle and cut it,

and so make it in what kynd so euer you wil, how be it, you must make it quickly, least it waxe cold betweene your handes, this done, lay it in a siue, or in some other lyke thing nyr the fyer, by the space of an howr, then take it away, and reserue it: This is good for the Lunges or Cough.

Sickenes.

How make you Pignolatum?

Healthe.

THis confection is made with Sugar, dissolued in Rose water, and wel clarifyed, and when it is sodden ynough, put in Pineaples pared, and let it stand and coole, til it come to the forme of a hard confection, and then reserue it.

Sicknes.

How make you piluliæ sine quibus esse nolo?

Health.

FIrste take of Aloes washed. ʒ. xii. of the fyue kyndes of Myrobalans, Reubarbe, Mastik, Roses, Wormewood, Violets, Sene, Agarike, Doder, ana. ʒ. temper them with the iuice of Fenel, into the which you shal put ʒ. bi. of Scamony wel broken, how be it, myngle youre Scamonye wt the iuice of Fenel, then presse forth your iuice with the Scamony, so much as wil suffyce for the concoction, then make your pilles with your handes, anoynted with ỹ oyle of Violets, or Oyle Oliue. These be present Pilles to purge Choller, Fleume and Melancholye agaynste euil sighte whiche commeth of aboundaunce of humours, agaynst payne of the Eares, and of Iliaca passio.

Sickenes.

How make you pilulæ Aureæ?

Health.

TAke of Aloes, Diacridion, ana. ʒ. v. of Roses, Smalege seede. ana. ʒ. ß. of Anisseede, Fenelseede, ana. ʒ. i of Mastike. ʒ. i. of Saffron, of the inner part of Coloquintida, make your pilles, with the infusion of gum Tragantum, these be very excellent pilles to purge the head, & to amend the Eye syght, the wynd in the stomacke or Bowelles, and they purge without any payne.

Sickenes.

How make you Pilulæ Cochiæ?

Health

FIrst take of ỹ pouder of Hiera picra ʒ. r. of Coloquintida. ʒ. iii. ß. i. of Scamony ʒ. ii. of Turbith, Sticados, ana. ʒ, v. myxe it with ỹ syrupe of Sticados, & so make your pilles. These do purge the hed marueilously wel, but chiefly of grosse and cold humours, they asswage the head ach & reume.

Sicknes.

How make you Pilulæ de octo rebus?

Health:

Health.

TAke of Aloes, Diacridion, ana.ʒ ii. of the inner parte of Coloquintida, and of the flowers of harder Tyme, Agarike, Mastike, the thyrd kind of Mirobalans, Wormwood, ana. ʒ.i. temper theim with the iuice of Nyght shade.

Sickenes.

How make you pilulæ de Mirobalanis?

Healthe.

FIrst take of the fyue kynds of Mirobalans, Agarike, Diagridion, Coloquintida, Sene, ana.ʒ.ß. the flowers of the harder Time, Turbith, Anisseede, Fenel, Mastike, ỹ stone Lazuli ana.ʒ.iii. of Aloes.ʒ.i. make these Pilles with the iuice of Wormwood, and if you mingle a little Ginger with them, your pilles shal be the better. These pilles be very good agaynst the ache of the Hyp or Huckel bone, the Goute and ỹ Spleene. They doe clear the syghte, and purge burnt choller.

Sicknes.

How make you pilulæ Elephanginæ

Health.

FIrst take of Cinamom, Cubebes, lignum Aloes, Calamus Aromaticus, Mace, Nutmegges, Cardamom, Cloues, Sarabacca, Mastike, Squinantum, Spicknard, the fruite of Balme, aua ʒ i. of dry Wormwood and Roses, ana ʒ.v. stampe them, but not small, and then put vnto them li.rii. of water, seeth them til two partes of the water be consumed, then rubbe them with your handes, and strayn them, and presse forth the water, this done, take of Aloes Succotrine li.i. washe it in a Skillet, or such lyke vessel of stone, couered, or els with glasse: you must wash it oft, & with rayne water, then dry it, and cast vppon it. li.ii. of that which you did presse forth before, dry it in the Sonne, then mingle it with poure Aloes of Myrrhe, Mastike, ana.ʒ.v of Saffron ʒ iii. beate them wel and cast vppon theym the residue of that, whiche was strayned, and rubbe theym with your handes vntil they be broken: many Poticaries wash Aloes vñ infusion of Rubarbe. These pilles asswage payne of the stomacke very wel, the brain, and the instrumentes of the senses, from grosse and corrupte humours.

Sickenes.

How make you pilulæ Aggregatiuæ?

Health.

FIrst take of the fyrst kynd of Mirobalans, of Rubarbe, ana.ʒ iii. of ỹ iuice of Egrimony and Wormwoode, ana.ʒ. ii of Diagridion.ʒ vi. of ỹ thyrd kynd of Mirobalans, Coloquintida, Polipody, ana.ʒ ii. of the best Turbith, of Aloes, ana ʒ vi. of Mastike, Roses, Salgem, the Flower of harder Tyme, Anisseede, Ginger, ana.ʒ.ß. of the Electuarye of Roses, as

much as will suffice to make it thicke. These pilles be verye good agaynste long Agues, and those which be ivered with superfluous humours, ache of the head, stomacke and Liuer, they purge corrupt Choler, Melancholy and Fleume, they quicken and refresh the instrumentes of the senses.

Sicknes.

How make you Pilles of Reubarbe.

Health.

Citrine Myrobalans tee taken for the first kynde

TAke of Liquorice, iuice of Wormewood, Mastike, ana. ʒ.i. of the first kynde of Myrobalans. ʒ.iii ß. of Smallage seede, wylde Lillies, Fenel, ana. ʒ. ß. of Trochiscie Diarodon, ana. ʒ. iii. ß. of Hiera Picra ʒ. i. of Reubarbe. ʒ.iii.. make theym with Fenell water. These Pilles cure long Agues, and those, which be also engendred of dyuers grosse and corrupt humours, they asswage the payne about the liuer, and chiefly they cure the dropsy: some Phisitions vse these in the end of a mixt tertian, you may make theym stronger with other Symples as you iudge best for the patient, take of these in the morning. ʒ.ii. or ʒ.i. ß.

Sickes.

How make you Pilulæ de Sarcocolla?

Health.

TAke of the gumme Sarcocolla ʒ.iii. of Turbith ʒ.iiii of Coloquintida ʒ i. ß. of Salgē. ʒ i. dissolue the Sarcocolla in Rose water, and mingle all the other with it, & so make your Pilles, these purge Fleume, how be it, few Phisitions do vse them.

Sicknes.

How make you Pilulæ fætidæ maiores?

Healthe

FIrst take you of Serapinum, Amoniacum, Opoponax, Bdellium, Coloquintida, wyld Rue, Aloes, the flowers of the harder Tyme, ana. ʒ. v. of Spurge, Scammonie. ʒ. iii. of Cinamū, Spicknarde, Saffron, the Otters stones, ana. ʒ. i. of Turbith. ʒ. iiii. of Gynger. ʒ. i. ß of Euphorbe. ʒ ii. dissolue your gumme in the iuice of Leekes, and so make your Pylles. These Pilles purge grosse humours and be very good agaynst ache in the ioyntes and gout in the feete, agaynst payne in the backe, knees, stomacke, the Colike, whyte Leapzey and Pose.

Sickenes.

How make you pilulæ de Euphorbio

Health.

TAke Euphorbium, Coloquintida Agarike, Bdellium, Serapin. ana ʒ.ii of Aloes. ʒ. v. Make Pilles with the iuice of Leekes. These purge fleame, and do also mollify, they cure the Paulsey, and purge grosse humours, which haue course to the ioynts and sinewes, they cure the ach & payne in the Hippe, and Huckle bone of humours.

A good pil for Sciatica.

Sickenes.

How make you pilulæ lucis maiores?

Health.

Health

FIrste take of Roses, Vyolettes, Wormewoode, Colequintida, Turbythe, Cubebes, Calamus Aromaticus, Nutmegges, Spicknarde, the Flower of harder Tyme, the seede and wood of Balme, Siler Montanum, Rueseede, Squinantum, Azarabacca. Maistyke, Cloues, Cinamum, Anisseede, Fenell, Smallage, Cassiafistula, Saffron, Mace, ana. ʒ.ii. of all the kyndes of Mirobalans, of Reubarbe. ʒ. vi. of Aloes Succotrine asmuch as of them al, make them with the iuice of Fenel. These be present remedies against dimnes of the syght, they purge the instruments of the senses, and superfluous humours, they kepe the body strong and in health.

Sicknes.

How make you Pilulæ Lucis minores?

Health.

TAke of the wood of Balme, and the seede of Balme, ana. ʒ.i. of Selden. ʒ. v. of Roses, Vyolets, Wormewoodde, Eybryght, ana. ʒ. iii. of Sene, the flowers of harder Tyme, of all the kyndes of Mirobalans, of Agarike, Coloquintida, Squinance, the stones Lazuli and Licius, ana. ʒ. ii. ß. of Aloes succotryne, as mutch as of them all, make theym with the iuice of Selendine or Fenell. These do purge Melancholy better then the other.

Sicknes.

How make you Pilulæ de Lapide lazuli?

Healthe

TAke of the stone Lazuli washed ʒ v. the flowers of harder Tyme of Polipodye, ana. ʒ. viii. of Scammonie, of Salte, ana. ʒ.ii. ß. of Agarike, ʒ viii. of Cloues, Anisseede, of Hiera Picra, ʒ.v, make them with the iuice of Endiue. These be excellent Pilles agaynst long diseases of Melancholy and burnt choler,

Sickenes.

How make you pilulæ de Bdellio?

Health.

TAke of Bdellium. ʒ, xii. of Anisseedes. ʒ. iii. of al kindes of Mirobalans of Amber, ana. ʒ, ii. ß. mingle your Bdellium with the iuice of Lekes & so make the Pilles. These Pilles haue bene proued agaynst rūning Emeroides, and the soares of them, and to stoppe the termes menstruall in women.

Sickenes.

How make you pilulæ de Hermodactylis?

Health.

TAke of wyld Lillies, of Aloes, of yelow Mirobalanes, of Turbith, Coloquintida, Bdelium, Serapium, ana. ʒ. vi. of the Otters stones, of the gumme

Hermodactils be ii. kindes one lyke a Lily hauyng one rote the other

Lyke Saffron both roote and flower, but fwer but greater, but this is called in the Greeke Ephemeron.

gumme Sarcocolla, Euphorbe. Opopanax, wyld Rue, Smallage, ana. ʒ. iii. of Saffron. ʒ. i. ß. Mingle these with the iuice of Cole worztes, and make them in Pilles.

Sicknes.

How make you Pilulæ Arthriticæ.

Health.

FIrst take of Ephemeron, Turbith, Agarik, ana. ʒ. iiii. of Cassiafistula, Spicknard, Cloues, the wood and seede of Balme, Ginger, Mastike, Fenel, Anisseede, Saxifrage, Sperage Kneeholme or Buchers Brome, Roses, Gromel seede, Salgem, ana ʒ. ß. of Aloes succotrine, as muche as of them all, make them with the iuice of Fenell. These Pilles cure the gout of the ioynt of the feete.

Sicknes.

How make you Pilulæ stomachisæ

Health.

Wefues pilles for the stomake.

TAke of Aloes. ʒ bi. of Mastick, of Roses ana. ʒ. iii. make them with the iuice of Nightshade. These purge the stomack and head. You maye make them with mirobalans Citrine, Aloes, Turbith, ana ʒ. i. Roses, Spicknard, Mastike, ana. ʒ. ii. ß. Anisseedes ʒ. i. ß sal Gemme, and Saffron ana. ʒ. i. make this with Syrupe of Wormwood.

Sicknes

How make you Pilulæ ante cibum

Health

TAke of lignum Aloes, Cloues, Folium Indicum, Mastyke, ỹ wood and seede of Balme, Cassia wood. Mace, Nutmegs, Cinamum, Cubebes, Saffron siler Montan, Spicknarde, ana. ʒ ii. of Reubarbe, & Aloes succotrine, as much as of them all, myngle them with sweete wyne, and make your Pilles. These pilles cause good digestion, & distribute meat vndigested, and must be taken before meate.

Sicknes.

How make you Pilles of Agarike, or Agarict.

Health.

TAke of Agarike, Mastike, ana. ʒ. iii. garden Lylly rootes, horehound ana. ʒ. ii. of Turbith ʒ. v. Hiera picra ʒ. ii. of Coloquintida, the gumme Sarcocol, ana ʒ. ii of Myrrhe. ʒ. i make these with the iuice of Herbes or frutes fyned eyther in the sonne or by the fyre, and this iuice so fyned, is called of the Pothicaryes Rob. These Pilles purge the stomacke frō grosse and corrupt humours, and they be very good agaynst shortnes of ỹ wynd, and old coughes. *Sickenesse.*

How make you Pilles of Fumiterre,

Health.

TAke of the fyue kyndes of Mirobalans, ana. ʒ. v. of Aloes. ʒ. bi. of Scammony. ʒ. v. mingle them with the iuice of Fumiterre, and let them stand til they bee dry, then sprinckle on agayne the iuice of Fumiterre, and suffer them

them agayne, to drye and so do the thyrd tyme, then let them stand vntill they bee thicke, and then make your pilles.

Sicknes.

How make you pilulæ communes?

Health.

TAke of Aloes. ʒ. ii. Saffron, Myrrhe, ana, ʒ. i. make them with sweet wyne. These Pilles be much vsed of the Phisitions if they be taken in sommer, and if you take them in the plague time, then you must put vnto them as much Bolearmoniake as of Aloes. This pille is agaynst the pestilence, and called Rufi.

Sickenes.

How make you pilulæ Assaieret?

Health.

Fyrst take of Hiera Picra. ʒ. i. of Mastyke, of yellow Myrobalans ana. ʒ. ß. of the best Aloes. ʒ. ii. make your Pilles with ỹ iuice of Sticados. These Pilles be a present remedy agaynst headache.

Sickenes.

How make you Pilulæ Bichicæ

Health

TAke of the iuice of Liquorice, Amilum, Tragantũ. gumme Arabyke, sweete Almondes, ana. ʒ. i. of Sugar ʒ. iii. make them with the slimy sappe of the seede of Quinces.

Sicknes.

How make you pilulæ Imperialis?

Health.

TAke Cinamom, Amomum, Anisseede, Mastike, Cardamom, Ginger, Setwal, Mace, Nutmegges, Cloues, Saffron, Cubebes, lignum Aloes, Turbith Manna, or sweete dew, Agarike, Senecods, Spicknard, of the fiue kyndes of Myrobalans, ana. ə i. of Reubarbe, as muche as of them al, of Aloes asmuch as of al the other, make them with the syrup of Roses or Vyolets,

Sickenes.

How make you pilulæ de Hiera picra?

Healthe.

TAke of the pouder of Hyera picra simpler. ʒ. i. make them with the conserue of Roses as much as wil suffice.

Sicknes

SOme tyme the bodyes of men, women, and childzen, be so weak, & feble, that they be not able to receyue purgations by Electuaryes, Pilles or Clisters, what easy meanes is then to be founde, to purge the belly, I pray you tel me?

Health.

Thers

To make good suppositories laxatiue.

THere be dyuers meanes to be found, as appeareth by Nicolaus Myrepsy, whereas he teacheth how to make Suppositores, as for example here is one of them. R. Elleborus the blacke. ʒ.ii. and good yellow Aloes. ʒ.i. and Mousedung. ʒ.iii beate these in pounder, seth them in Hony, vntil the thickenes of a Suppositorye, then make one or two in the forme of a long smal synger, then put a little syne Cotten vpon the end thereof, and so put it in the body, and this wil bryng forth both Choler and fleume: also here foloweth an other to pul doune the swellyng of the belly, wynd in the great guttes, Cholike or such like, take the seede of Rewe, called herbe Grace or of wyld Rue, of Agarike, ana ʒ.iii. Commine wel dryed, Turbite, ana. ʒ. ß. Diacridium. ʒ. ß. G. iiii beate these syne in pouder accordingly, then put in salt Peetre, or comon salt. ə iiii. and seeth it in Hony, as is aforsayd. Here also doth follow the making of an other, to relaxe the Belly take of the iuice of Rapes, or Panis Porcinus, ʒ i. and salt of the Earth, or common Salte. ə iiii, and Hony asmuch as wil suffice, as in the maner aforesayd. But if you wil purge Choler adust, fleume, or wynde, in the belly. R. Colocinthidis. called Coloquintida, the inward part therof, but not the seedes. ʒ.iii Polipody cleane washed ʒ.iii. Bulles or Ore gaule. ʒ.i. & Hony, as example before. I haue shewed you ỳ way of purging suppositers, now shal I shew you ỳ maner to make some suppositers to heale Dysenteria, or flure of Bloud, commyng from the apostumations bred in the Liuer, and somtyme a perilous flixe, with rasyng or excoriation. continual tormentes, and most greeuous paynes in the Guttes, with casting out yellow choler, sharpnes of bloude, choller adust, salt fleume, which sicknesses haue slayne many men, women and children, for lacke of helpe.

Suppositories to stop fluxes.

Castor is Beuers stones

R. Opium, which is ỳ iuice of Poppye dryed, Myrrhe, Castorium, which be the dryed stones of Beuer, Saffron, Frankensence, Hypocistidis, ana. ʒ. vi. Styrax. ʒ.iii and a little wyne and Hony accordingly, and so seeth your suppositer to the thicknes. and roule it thre synger lengthe. An other for the same.

R. Opobalsamum. and the syne lockes of Woll, roule them togeather in the maner of Suppositer, this hath a marueylous workinge, sayth Nicolaus Myrepsus in this case: an other for the same.

R Opium, Myrrhe, Saffron, Dragons bloud, Bolearmoniake, Lemny, called Terra sigillata, Mastike, ana. ʒ. i. the iuice of Planten, and of Knotgrasse and a little Goats milke, as much as wil suffice, puttyng in a little of Acatia, or the iuice of Sloe, or wylde Plummes beaten together in a morter, and then seeth it in a little pan, powryng in a fewe droppes of vineger, & when it is thick, roule it in a suppositer: Prouided ỳ your said suppositers be ʒ.i. in wayght, and those be best, sayth that learned man, Nicolaus Myrepsus, also his counsel is, to make them in length more than three fyngers. Now shal I shew you the manner of an other laxatiue suppositer, and so I wil make an end of them.

R. Mercury, and wormwood, dryed and beaten in Pouder, the rynde of Colocinthida. Agarike, and Hierapicra, ana. ʒ. i. Comon salt, or salt Peter ə.iii. and

ȝ.iii.and Hony as much as wil suffice ,and then make your Suppositer.

Sicknes.

OFtentymes chaunce greate perilles among women ,when as eyther Nature is to weake whereby Menstruall, termes are stopped , or the Chyld within the Bellye dedde, whereupon women ofstentymes do dye , I pray you tel me some spedy remedy,and approued medecine that wil so open the matrice,wherby the deade chyld may come forth,to help the woman.

Health.

THere is no better medicine,then this folowyng , called Opophalion.R.Rapeseede,Sal Niter,Elleborus,the whyte, and the blacke, Colocinthidis called coloquintida , Staphesacre ana.ȝ.iii.Scamonie ȝ.ii.the iuice of Elaterium , whiche is a wylde cucumber ,or Cucumeres anguini ȝ.ii. ß. beate youre dryed thynges into pouder, and put theym into the Oyle of Troes , and the gaule of an Ore or Bull,ana.ȝ.iiii.mingled togeather wyth the pouder of Carthamus.ȝ.iii.also dissolue in your sayd Oyle Armoniac.ȝ. iiii.thē stampe bitter Almondes.li ß.with your foresayd receiptes in a stone morter,then spread it vppon a peece of leather, and make a greate broade plaster ,and apply it vpon the belly of a woman, for suche a case as I haue sayd ,and it wil worke accordingly.

Opophalion is an excellent Emplaster, to deliuer or bryng forth a dead child frō the mother.

Sicknes.

How make you Pomatum?

Health.

TAke of the fat of a yong kyd.li.i.temper it with the water of Muske Roses ,by the space of foure dayes , then take fyne apples , and dresse them and cut them in peeces,and lard them with Cloues , then boyle them altogeather in the same water of Roses, in one vessel of Glasse , set within another vessel, let it boyle on the fyre so long vntil all be white,then wash them with ỹ same water of Muske roses, this done,kepe it in a glasse and if you wil haue it to smel better , then you must put a little Ciuet or Muske or of them both, and Amber grice: Gentilwomen doe vse this to make theyr faces smoth and fayre, for it healeth clistes in the lyppes , or in any other place of the handes and face &c.

Sicknes

How make you Rosata nouella?

Health

TAke of Roses, Suger, Liquorice,ana.ȝ.i.ȝ ii.of Cinamom.ȝ ii.ə. iii . of Cloues , Spicknard, Ginger , Galinga , Nutmegges , Setwal, Storax Calamita , Cardamomum , Smalage,ana . ə.i.ß.vii .make these in Pouder . This pouder stoppeth vomitting and casting of the stomacke, it fortifyeth those which haue bin long sicke , and letteth ouer much sweatynge.

Sicknes

Sickenes.

How make you Syrupus acetositatis citri?

Health

TAke of the Tarte and sower iuice of Pomecitron. li.xii. seeth it in a vessel of Glasse. on the coales with a soft fyre, til the third part bee consumed, then strayne it, and let it stand til it be cleare, and take of that which is cleare. li viii. and then power vppon it fined Iulep li v. seeth these vntil they be thicke. if it be in Sommer, then let it stand in ỹ Sonne til the water be consumed. This is a present remedy agaynste all diseases, which come of grosse humours, agaynst the pestilence and al poysons, it doth also quench thirst.

Sicknes.

How make you Syrupus de Acetosa?

Health.

TAke of the iuice of Sorel clarifyed. li.iii. of Sugar clarified li.ii. make of these youre Syrupe. This Syrupe is good agaynste Choler like personnes, and Tertian Agues, the burning of the stomache and the hart. it is a syngular remedye in plages, and in Agues of corrupte humours.

Sickenes.

How make you Syrupus de Agresta labrusca, or vnrype Grapes?

Health.

FIrst make this syrupe of vnrype Grapes, as you did the syrupe of Pomecitron. This cannot be made, but onely in Sommer, because ỹ iuice of the vnrype Grape cannot be gotten, but at that tyme.

Sickenes.

How make you syrupe of Calamyntes, or de Calaminta?

Health.

TAke both of the Garden and wilde Calamyntes, ana. ʒ.ii. of Louage, yellow Carots, Squinantum, ana. ʒ.v. of Raisons of Corans picked. li.ß. of Hony li.ii and so make it, you muste take. li. v. of Water, to boyle your Raysons in them, then this beyng cast forth, take asmuche agayne, and let it seeth till the halfe be consumed, afterwarde put your Hony vnto it, and make youre Syrupe accordingiye. This Syrupe is a presente medecine agaynst all diseases of the Spleene, and chiefiye if it bee made harde, it doth comforte those which haue theyr inwarde and principal partes, Colde, or bee shorte wynded, or haue anye Coughe, for it doth purge the stomacke, breaste, and Bowelles marueylous wel of grosse and corrupt humours.

Sickenesse.

How make you Syrupe De menta?

Health

Health.

TAke of the iuice of Quinces, and sower Pomgranets, cast vpon these iuices of drye Myntes. li. i. ß. of Rose leaues. ʒ. ii let it stand a day and a Night, then set it ouer a soft fyre, with hony & Suger, vntil the halfe be consumed: mingle with your syrupe the confection called Gallia Moscha ta to make them pleasaunt. This syrupe is good for a cold stomacke, it stop peth vomityng, and the disposicion vnto it: it taketh away the hycket, and Flures, and cold or wynd in the guttes.

Sickenes.

How make you syrupe de Absinthio?

Health.

TAke of Wormewood. li. ß. of redde Roses, ana. ʒ. ii, of Spickenarde. ʒ. iii. of good old wyne and new, of the iuice of Quinces. ana. li. ii. ß, let it stand a day and a nyght in a vessel of stone, then seeth it with a softe fyre, till the halfe be consumed, with. li. ii. of hony, and then make the syrupe. This is an excellent medecine to fortify the stomacke, and to cause good appetite, to make strong the bowels and Liuer, and chiefly e when the diseases come of a cold cause, it helpeth also in hoat diseases, if it be tempered with cold thinges.

Sickenes.

How make you syrupe of Fumitarye?

Health.

TAke of al the kyndes of Myrobalans, ana. ʒ. xx. of the flowers of Bo rage, Bugloss, and Violets, of Wormewood, Doder. ana. ʒ i. of Li quorice, Roses, ana. ʒ. ß. the flower of Garden Tyme, Polipodye. ana. ʒ. vii, of Pryunes, a hundred, of Raysons of Corans piked, ana. i. ß, of ỹ fruit Thamarind, Casiafistula, ana. ʒ. ii. let these boyle in li. x of water, till it come to li. iii. make youre syrupe with the iuyce of Fumitary, sodden, and fi ned wyth. li. iii. of Sugar, seething them accordyng to the arte. In this sy rupe makyng, you must obserue thys order, in puttyng of your Symples. because some requyre more tyme and some lesse, therefore fyrste of all put in Polipodie, then Pryunes, Raysens, Liquorice, Wormwood, Roses, Doder & Borage Flowers, afterward Violets, Myrobalans, Flowers of harder Tyme, Casiafistula, Thamaryndes, which after som Phisitions iudgemēt should not boyle, because they be very tender, how be it, other learned men thinke it best to put them in the latter end of the decoction, and so to suffer it to boyle once, that it may the better be myred wyth the other: and if a mā would contend, that soft and tender Symples do lese theyr moystnes in boylinge, then we must answear that they lese not their natural moystnes but the vnnatural and accidental, and you muste also obserue this order which foloweth, if you wil make your syrupe wel, when youre decoction is made, then clarify your Sugar with well water, the which beyng sodden and clarifyed, put into it ỹ iuice of Fumitary, when it cometh nye to the fa shion of a Syrupe.

The

The same decoction must be sodden oftentymes, by lyttle and lyttle, tyl it shal be wel and perfectly sodden, then put in youre fruite Thamarinde and Cassiafystula, and so make an end of your decoction. This syrupe openeth, and taketh awaye all obstructions both of the Stomacke, and of the Liuer, and fortefyeth all the members, it cureth all the soares aboute the inward partes, which come of Salte, and burnt matter, as the scabbe, leaprie, and frenche Pockes.

Sickenes.

How make you Sirupus de Fumoterre simplex?

Health

FIrste take of the iuice of Fumitarye, wel fyned .li.iiii of Suger clarifyed .li.ß. make a syrupe thys clenseth the Liuer.

Sickenes.

How make you a syrupe of Liquorice?

Health.

TAke of Lyquorice, ʒ. ii. of Maydenhayre. ʒ.i. drye Hysope. ʒ. ß. cast vppon these .li.i. of Water, and let it stande a Day and a Nyghte, then seeth it tyll the halfe be consumed, this done, put these vnto the decoction of Sugar, Honye, Penidyes ana, ʒ. viii. of Rose water. ʒ. vii. make of these a syrupe. This is a present remedy agaynst the Pleuresye, olde coughes, to purge ỹ stomacke and lunges.

Sicknes.

How make you Syrupe of Hysope?

Health.

TAke of dry Hysop, the roote of Smalage, Fenell, Liquerice, ana. ʒ.r. of barly the huske taken of .ʒ.ß. of the seede of Malowes, the Gum Tragantum, the kirnels of Quinces, ana. ʒ. iiii. of Maydenhaire. ʒ. vi. of Iuiubes, Sebesten, ana. xxx. of Raysons of Corans, picked. ʒ. xii. of Figges, Dates, ana. i of whyte Penidies. ℔.ii. make a Syrupe. To this sirupe making take. ℔. viii. of water and seeth it vntyll it bee come to three, then presse it, and let it boyle wyth Penidies. vntyll it come to the forme of a syrupe and in makyng of it you ought to kepe thys order for your Simples fyrst take Iuiubes Sebest. Raisons Fygges, Dates, the roote of Smalage, Fenell, then Barly, Malowseede, kirnels of Quinces, the Gum Tragantum, Hysop, Maidenhaire. This syrupe cureth diseases of the stomacke, the coughe, Pleurisie, shortnes of wynde, and all griefes of the body.

Sickenes.

How make you Syrupus de Marubio?

Health.

Healthe

FIrst take of greene and young Hozehounde.ʒ.ii dzye Hyssope, Maydenhere, ana.ʒ.vi. Liquoris.ʒ, iof Calamynt, Anisseede, the rootes of Smalage, and Fenel, ʒ.v. of Mallowes seede, Fenegreeke, Flower deluce, ana.ʒ.iii. of Lynseede, Kernels of Quinces, ana ʒ.ii. of Raisons of Corans picked ʒ.v. Fygges .xv. of Penedies.li.ii. of Hony. li ii. make of these youre syzupe, you must take to the making of this sirup.li.x. of water which shal boyle til the half be consumed, because the hony and Penedies requyze much seethynge. This syzupe cureth old coughes, long diseases of the Breast & Lunges, shoztnes of the wynd, and chiefly in old men, if it come of Flegmatike humour, grosse, corzupt, and hard to be dissolued.

A good medecine for old men to dense Flegme.

Sickenes.

How make you Syrupe de Epythimo?

Health.

FIrst take of harder Tyme of the garden.ʒ.xx. of the two fyzst kynds of Myrobalans, ana.ʒ.xv. of Doder, Fumiterre, ana ʒ.x. of Tyme, Buglose, Calaminte, the fourth and fykt kynd of Myrobalans, of Liquorice, Polipodie, Agarike, of Stycados.ana.ʒ.vi. of Roses, Fenell, Anisseede, ana.ʒ.ii. ℈. of Raysons, of Cozanns, ʒ.iiii. of Thamarinde, ʒ.ii ℈. of. Sugar li.iiii. and here you must put to the makyng of this.li.x. of water which must be sodden to thzee. li. this must be kepte: Now as concerning the putting in of your Symples, fyzst take Polipodie, Agarik, Raysons, Liquozice, Fenel, Anisseede, Sticados, Fumiterre, the Roses, Doder, Buglosse, Myzobalans the stones taken out, and the Flowers of ỹ harder Tyme, dissolue youre Thamarinde in one part of the decoction, and let youre Suger boyle with new wine, boyled to the thyzd part, when youre decoction shal be as thicke as Hony, yet seeth it a little moze, and in the end put in youre Thamarinde, and let them boyle once oz twyce, til they come to the thicknes of a Syzupe. This is appzoued medecine agaynst the French Pockes, Cankers, fallyng of the hayze, greate and depe woundes, Lepzes and al diseases of Melancholy and burnt Choller. This doth purge meruelous wel, if a man take therof a good quantity, comonly we ought to take frō.ʒ.iiii. to vi.ʒ.

There be v. kynders of Myrobalans, whose names be Citrine Chebuli, Indi. Bellerici, Emblici.

To helpe a cōmon knowen malady both in England & Fraunce caled the pose.

Sickenesse.

How make you sirupus de Eupatorio?

Health.

TAke of the rotes of Smalage, Endyue.ana.ii.ʒ Liquorice, Squinant tū, Doder, Wozmewood Roses.ana.ʒ.vi. of Maydenhayze Carduus Benedictus the flower, of Rootes of Buglosse, Anisseede Fenel seed, Agrimony.ana ʒ.v. of Rubarbe, Mastike.ana.ʒ.iii. of Spicknarde. Asarabacca, Folium Indicum, seeth thē in .li.viii. of water, vntil the third part be consumed, and make a Syzupe with.li.iiii. of Suger, and with a sufficient quātity of Smallage, and Endiue. This sirupe is good in longe Agues, chiefly to foztify the weaknes of the Liuer and Stomacke, it cureth the dzopsy, and euil Lyking of the Body, old and almost vncurable sozes, deliuereth ỹ Stomacke from wynd and coldnes, it alwageth also the payn of ỹ midzef

Agaynst dzopsy.

and swellyng thereof.

Sicknes.

How make you syrupe of Sticados?

Health.

TAke of ỹ flowers of Sticados. ʒ.xxx. Tyme, Calamint, Organy, ana. ʒ.x of Anisseede, Pellitary of Spayne, ana, ʒ.vii. long Peper. ʒ.iii. Ginger ʒ.ii. of Raysons, of Cozans. ʒ.iiii of Suger, li.v. put also vnto thē these pouders following, Cinamom, Calamus Aromaticus, Saffron, Ginger, blacke Pepper, long Peper, ana, ʒ.i ℈. bynd them in a thin cloth, & hang them in ỹ syrupe. This hath bene proued agaynst all cold diseases of the synewes, as the Paulsye, fallyng euil, crampe, shakyng, wrythyng of the neck on the one syde, reumes from the head to the breast, and doth comfort the stomacke, and the inward partes of the bodye.

Sickenes.

How make you Syrupus de Violis **or Violets?**

Health.

TAke. li.v. of the infusion of Violets, of Sugar clarifyed li.iiii. myngle them togeather, and seeth them with a soft fyre, and keepe them.
This is a present medecine against hoate Agues and heate of the Liuer and hart, the pleurisye, dry coughes, the roughnes of the wynd pype & throate.

Sickenes.

How make you syrupe de Papauere simp. **or Poppye?**

Health.

TAke of the heads of whyte and blacke Poppy, ana. lr. ʒ, seeth them in li iiii. of Rayn water vntil it come to li. ß. and with ʒ.iiii. of whyte Suger, and Penidies make your syrupe. This syrupe causeth a man to sleape, and quencheth the thyrst, it stoppeth reumes running to the breaste and doth myttigate the payne, this is not so colde, as the compounde Papauer

Sickenes.

How make you syrupus de Papauere Composítus?

Health.

TAke of whyte and Black Poppye. ana. ʒ. l. of Maidenhayre. ʒ. xb. of Sugar. ʒ. v. of Iuiube. xx. of Lettice seede. ʒ. xl. of Malowes seede, of ỹ kernelles of Quinces ana. ʒ. vi, seeth them in. li. iii. of water, vntil the halfe be consumed, then make your syrup with ℥. viii. of Suger and Penidies. This Compounde syrupe hath the same vertue, which the Symple hath, but it causeth greate cold, and asswageth payne better. Mesue doth iudge it to be good agaynst a dry coughe and a consumption.

Sickenesse.

How make you Syrupe of Mirtes compound?

Health

Health

TAke xx. Myrtes, of Saunders whyte and red, of Manna oz ſweete dew of heauen, the Flowers of wilde Pomgranets, Barberies, ana ʒ.xb. of Medlers, ʒ.l of Wel water. li. viii boyle them all to the halfe, then ſtrayne them, and put into the ſtrayning, the iuice of Pomgranets, & Quinces, ana. ʒ. vi. of Sugar clarified. li. iii. mingle theſe, and ſeeth them vntil they come to the faſhion of a ſyzupe.

Sicknes.

How make you Syzupe of Myztes, ſimp.

Health.

TAke of the iuice of Myztes. li. xii. ſeeth them in a veſſel of Glaſſe with a ſoft fyze, vntil the third part be conſumed, then ſtrayn it, and let it ſtād vntil it be clarifyed, then take li. viii. of that which is clarifyed ſ, and put vnto it li, v. of Hony, ſeeth it, til it come to the thicknes of a ſyzupe. ʒ. i. if it bee Sommer, ſet it in the Sunne, vntil the Water bee conſumed. This comfozteth the Stomake, and all the inwarde parties, and cureth alſo an olde Coughe.

Sicknes.

How make you ſyrupus Acetoſus ſimplex?

Healthe

TAke of good whyte Sugar li. viii and put it into a Veſſell of ſtone, and caſt vppon it. li. iii. of cleare Wel water, ſeeth it with coales, oz els with a little fyer, without ſmoke, alwayes ſcumming it, ſeeth it, til it ſhalbe cleare, and vntil the Water be halfe conſumed. Then put vnto it of Vineger, of whyte wyne very ſtronge, li. iii. ſeeth it vntil it bee enoughe This is a pzeſent remedy agaynſt all hoate diſeaſes, ſubtil oz groſſe matter, it pzouoketh Vzyne, quencheth Choler, & doth extenuate, and make groſſe thinges ſoft, and clenſeth ſtinking matter in the ſtomacke.

Sickenes.

How make you ſyrupus *Acetoſus* compoſitus?

Health.



TAke of Well water li. x. put vnto it the rootes of Fenel, Smalage, Endiue, ana. ʒ. iii. of Aniſeede, Fenell ſeede, Smalage ſeede, ana. ʒ viii. of Endiue ſeede. ʒ. ß. ſeeth them with a ſofte Fyze, vntil they come to li v. then ſtrayne it, and put to the decoction. li. iii. of Suger, let it be clarified as befoze, & mingle with it a ſufficiente quantitye of Vineger, accozding to the fozme of the ſyzupe befoze. This Sirupe purgeth groſſe humours, and fleume, it ſcoureth and openeth Opilations, and obſtructions, which bee aboute the Liuer, Splene, and Reynes.

Sickenes.

How make you ſyzupe de ſucco Endiuiæ? oz of Endiue ſimplex.

Health.

TAke the iuice of Endiue fyned.li.viii.of Sugar clarifyed.li v.ß. make your fyrupe,seething. This is a principall medecine to asswage the heate of the Liuer, the hart,and the other chief partes,and it cureth the Pleurefye.

Sickenes.

How make you fyrupe of Endiue compoſitus.

Healthe.

TAke the iuice of Endiue and Fliwoyte. ana. li. iii. these Iuices must be clarifyed, then take of Roſes,Violets, Lettice, Borage, Egrimon,ana.ʒ.ß of Maydenhayre, Barly the huske taken of, of the foure great cold seedes,ana.ʒ i.of Sugar as much as wil suffice, make the fyrupe,and pouder it with whyte and red Saunders,Barberyes, kernels of Quinces, lignum Aloes, Cynamon, the rynd of Pomecitrone, ana.ʒ.i. This asswageth the great heat of the liuer and hart, and of the other principal partes, it is very good for all hoat complexions, it loseth and openeth all opilacions, and obstructions,it doth comfort weake members which be troubled with heate, it doth also digest cholericke,and sharp matter.

Sicknes.

How make you fyrupe of Suckery,or Cichorii?

Health.

TAke both of the garden and wylde Suckery,and of both Endyues, ana M.ii.of Gourdes,Lyuerwort,whyte Endiue,Lettice Fumiterre Lupulus,ana.M.Barley the husk not taken of,Alcakengi,ana.ʒ.iiii. of Lycquorice,Maydenheere,Ceteracke, Tentworte,Dodder,ana.ʒ.vi.the rootes of Fenel,Smallage,and sperage, ana.ʒ.ii.boyle them in a sufficient quantity of Water and strayne them, and make your fyrupe with good suger, and for euery pounde of Sugar take ʒ.iiii.of Reubarbe and. ʒ iiii. of Spicknard bounde in a thin cloth which shalbe often tyme pressed,til your Syrupe be wel sodden, the quantity that a man shall take at one tyme is. ʒ.iii. with the water wherin the foure comon cold seedes were strayned.

Sickenes.

How make you fyrupe of Quinces?

Health

TAke of the iuice of tart Quinces, fyned, and clarified,partes x. Sugar partes ii.make a fyrupe according. This stoppeth vomityng, quencheth the thyrst,and doth comfort the stomack.

Sickenes.

How make you fyrupe of Nenuphar,or water Lillies?

Health.

FIrst take.li.ii.of the flowers of Nenuphar, and seeth them once, then presse them, and put into the iuice pressed,li.ii.of Sugar, and seeth it til it come to the forme of a fyrupe.

Sickne

Sicknes

How make you syrupe of Barberyes.

Health

FIrst take of the iuice of Barberies syned li. iii. of Sugar clarifyed. li. iii make a syrupe accordingly.

Sickenes.

How make you syrupe of tarte Pomgranets?

Healthe

FIrst take of the iuice of Pomgranettes. li ii. ß of sugar clarifyed. li. iii. make this syrupe as before. This syrupe is good agaynst hoat Agues of choller and fleume.

Sicknes.

How make you syrupus de Bizantijs?

Health

FIrst take of the iuice of Endiue and Smalage, ana. li. ii. of Hops, the garden or wyld Borage, and Buglosse, ana. li. i boyle them once, and then straine and syne them, this done, take li. iiii. of the iuice clarifyed, or syne Suger. li. ii. seeth it with a gentle fyre, vntill it bee thicke as syrupe. This is very good against Agues, which come of obstructions and of choller, of Fleume, and also the yelow Jaundice.

Sicknes

How make you syrupus de infusione Rosarum viridium, or greene Roses?

Health.

FIrst take of the infusion of yong Roses. li. b. of Suger. li. iii. mingle theym, and make a syrupe. This is good for the thirst in burning Agues, and to asswage the heate, it doth comforte the Stomacke, Harte, and Liuer, beynge troubled with heate, it preserueth the Bodye from all corrupcion, and from the Pestilence, it resisteth poyson.

Sicknes.

How make you syrupus de Rosis siccis? or dryed Roses

Health.

FIrst take you of the infusion of dry Roses, and sugar ana li. ii. mingle them and make a syrupe. This doth comforte the stomacke and bynde marueilous wel.

Sicknes

How make you syrupus de succo rosarum?

Health.

FIrst take the iuice of Roses syned. li. i. ß. of Sugar clarifyed. li. i. ß. make a syrupe accordingly.

Sicknes

How make you syrupus de Iuiubis?

Health

TAke.lx. Iuiubes, of Violetes, Malowes seede, ana.ʒ.v. of Maidenheyre.ʒ i. the kernels of Quinces seede, of white Poppy, Mallowes, and Lettice.ʒ.i. the gumme Tragantum, ana.ʒ.iii. of Liquorice, Barley, the huske taken of, ana.ʒ.viii. seeth theym in li. iiii. of Well water. or els Raine water, vntil the halfe be consumed, then strayne it, and put vnto the iuice strayned. li.iii. of Sugar clarified, make your syrupe accordingly. This is very good agaynst horsenes of the voyce, and the cough, the pleuresy and exulcerations of the bladder.

Sickenes.

How make you syrupe of Maydenheire comp.

Healthe

FIrst take of Maydenheire. M. ii. of Centworte, Ceteracke, ana. M. i. of Iuiubes, Liquorice, ana, ʒ ii, make a decoction, puttyng vnto it. li. iii of Sugar, make your syrupe. then take of Maydenhayre. li.iiii. of Iuiubes. li.iii. Liquorice ʒ. iii of sugar. li vi and this syrupe is iudged to be the better. This purgeth grosse humours, loseth and openeth obstructions, scoureth the raynes, and clenseth the breast of grosse humours.

Sicknes.

How make you syrupe of Maydenhayre symp.

Health

FIrst take of the decoction of young Maydenhayre. li. iii. of Sugar. li. i make youre syrupe.

Sicknes

How make you an other syrupe of the same?

Health.

FIrst take of Liquorice scraped. ʒ ii. of Maydenhayre. ʒ. v. cast vppon them, li. iiii. of Wel water, and so let them stand a day and a nighte, then boyle them vntil the halfe be consumed, and strayne theym, and put vnto the decoction ʒ. viii. of Sugar clarifyed, Benedyes and Maydenhayre, seeth it til it come to the forme of a Syrupe.

Sicknes.

How make you syrupe of Mugwort?

Health.

TAke of Mugwort. M. ii. of Calamint, Folium indicum, Sauerie, Origany, Time, Quikebeme, Sticados, ana. M i. of Camomill, Melilot, Mergeram, Roses, ana ʒ. i. of Unguis odoratus Calamus Aromaticus. ana. ʒ. iii. of Spicknarde. ʒ. i. Germander, Motherworte Geloflowers, Sothernwodde, ana. M. ʃ Gladien, Horehound, Madder leaues, Siler Montan, ana ʒ. Azarabacca,

Squi-

Squinantum, Aniſſeede, ana.ʒ.bi. Fenel. Smalage, ana.ʒ.bi. boyle them in a ſufficient quantity of water according to the arte, then put vnto them as much Hony as wil ſuffice, and make your ſyrupe. This is a preſente remedy to prouoke the naturall Terms in women beyng ſtopped.

Sicknes

How make you ſyrupus de Limonibus?

Health.

TAke of the iuice of Limondes. li.i.ß. of Sugar clariſyed. li. iii. make your ſyrup. This is very good to conſume groſſe and corrupt humors, and Wormes, it aſſwageth heate in Agues. and purgeth rawe humours.

Sickeneſſe.

How make you Syrupus de Cetrach?

Health.

TAke of Cetrach. Harteſtonge, Endyue, Liuerwort, Wormewoode, Sichory, ana. M.ß. of Dodder, Linſeede. ʒ t. the fower common great ſeedes, flowers of Borage, Bugloſſe, Langdebiefe, ana. M.i. Maydenhayre, rootes of Fenel, Perſely, Kneeholme or Butchers Broome, ana. M.i.ß. make youre ſyrupe, and caſt on theſe pouders, Foliū indicum, Spicknarde, the gumme Lacca, Caſiakiſtula, ana ʒ.ii. binde theſe in a thinne cloth, and boyle them in the ſyrupe and reſerue it. This doth comforte the Liuer, ſcoureth the reines, and deliuereth the ſpleene from al obſtructions.

Sickeneſſe.

Haw make you the ſyrupe of Bugloſſe?

Health.

TAke of the infuſion of the flowers of Bugloſſe, or Langedebiefe. li.iii. of Sugar li ii. make a ſyrupe.

Sickeneſſe.

How make you an other of the ſame?

Heatlh.

FIrſt take of the iuice of Bugloſſe, fyned. li.iiii. of Sugar. li. iii. make your ſyrupe. This ſyrupe doth comfort the ſtomack, and maketh a mā merry, it is alſo miniſtred agaynſt ſounyng and faynting of the harte, and frenſey. A preſent ſyrupe for the ſtomacke.

Sicknes.

How make you Sapo Moſchatus?

Health.

TAke white Venice Sope. li. iiii. cut it into ſmal peeces, and ỹ pouder of Cloues, Juncus, Odoratus, Spicknard, white Saūders, ana, ʒi. ß the pouder of Beniamen and fine Maſticke, & Storax Calamite, ana ʒ.i. fine Muſke, G. xxx. Amber greace. G. xviii. Ciuet. G. xvi. put theſe in a matter wt ſome Roſe Water, or els ſweete compounded water: you maye put in Oile of Been or els a litle oyle of Almonds or Jenuper: and ſo make this ſweete baule and waſhe therwith. A very ſweete Baule to cleanſe the ſkin.

Sicknes.

Howe make you Theriaca Galeni?

Health

Health

Nicholas prepositus both put in Lohit. Coperã.

TAke of Trochisci, Squillini or Scillini ʒ.iii of long Pepper.ʒ ii. Trochisci Theriaci Diacorallion, ana .ʒ.i. of the wood of Balme .ə.iii. ỹ iuice of black Poppy, Agarik, wild Rapes seede, Cinamom, ỹ iuice of Balm, ana.ə.ii. of Reubarbe, Saffrõ Spicknard, Pereos, Roses, Calamus, Cost, Squinantum Ginger, Cassia lignea, Scorar Calamite, Mirre, Turpentyne washed, whyte Frankensence, Calamint, Diten, Sticados, wilde Tyme, rootes of Sinkfolly, Persely, whyte Pepper, ana ə.ii. Folium Indicum, gumme, Arabyke, Scrapin. Terra Sigillata, Hipocistis Spicknard, Gladium, Germander, Gentian, wylde Fenell, the seede of Balme, Smalage, Amomum, Fenel, wylde Carowayes, Siler montan, Cresses, Anisseede, S. Jhons herbe, wylde Aspaltum, which is a thing compounded and made of Jewes Pitch, Castor, Opopanax, Galbanum, Mummy, Centauri, Aristologia longa, wyld yellow Carottes, ana ə.i. of Hony, as muche as will suffyce, This is iudged to be the chief and principal of all medecines because it bringeth quietnes, and doth cure the greatest diseases and griefes in euery part of the body, as the fallyng sickenes, and insensibilitye, whiche is a disease, when a man can neither moue, feele, nor vnderstand, it healeth conuultions, the head ach, payne of the stomacke, Megrim, Hoarsenes of the voyce, and straytnes of the breast, shortnes of wynde, diseases of the wynde pype, spittyng of Bloude, yelow Jaundice, Dropsye, and the diseases of the Liuer, Iliaca passio, woundes exulcerated in the Bowelles, Frenisiesse, the stone, it prouoketh the Termes stopped, and deliuereth Women of deade Childzen, it cureth Lepzeies, mesels, and old diseases: It is a present remedy agaynst cold, and al poysons, stinging of venemous beastes, and here you must vnderstand, that the quantity ought to be chaunged in ministryng of it, according to the quanty, and quality of euery disease, this doth refreshe also and comfort the sences, hart, brayne, Liuer, stomacke, and doth keepe all the body, safe, and pure from all corruption.

This is a Triacle of an incomparable vertue against poyson, pestilence and venim.

Sickenesse.

How make you Trifera?

Health.

TAke the iuice of blacke Poppy.ʒ.ii. of Cinamom, Cloues, Galynga, Spicknarde, Set wall, Ginger, Coste, Storar Calamita, Calamus Aromaticus, Cipres, Flowerdelice, Worm seede, Gladien, Wandrake, Spicknarde, Roses, Pepper, Anisseede, Smallage seede, Perselye, yellowe Carotes, Hennebane, Comune, Basell, of Hony, as muche as will suffyce. This is a preset medicine agaynste al inwarde diseases of Women, and agaynst the payne of the Stomacke, taken with decoction of Anisseede and Mastike: It cureth also al diseases of the Matrice, which come of cold, taken with wyne, wherein Mugge worte was sodden, and if you make a rounde thinge of sylke, or wolle, to seene after the fashon of a fynger, and anoint it with ỹ Oile of a Wesel, or such other Oile, & put it into ỹ Matrice, thẽ it wil moue ỹ flowers of women which do not cõceiue. It is also a sin-

uler

guler remedy for children, which speak in theire sleape, or can not sleap, if it be taken with wyne, wherein Mandrake or Elder hath bene sodden: it wil also helpe them, if it be taken with Womens Milke, according to the quantity of the little grayne Cicer.

Sicknes.

How make you Diatrion Sandalon?

Health.

FIrst take of whyte, redde, and yellow Saunders, of sugar, ana, ʒ.ii. som Poticaries, take Fleawort for sugar, which is though to be better. And Gallen doth make composition, after this sort, Take of Reubarbe, Spodie, Liquorice, Purselin seede, ana. ʒ.i.ß. of Amile, Gumme Arabyke, Tragantum, of the foure common great seedes, whyte Endiue seede, ana. ʒ i.ß. of Camphere ə.i. so put vnto these foure tymes as many Roses, as of al the other, and of the syrupe of Roses as much as wil suffice. This doth cure the payne of the Liuer and stomacke, and those which be in a Consumption, or haue the yellow Jaundice.

Sicknes.

How make you Trochisci Diarhodon Abbatis?

Health.

TAke of Roses, lignum Aloes. ʒ.ii. of Mastyke ʒ.i.ß. Wormewood, Cinamom, Spicknard, Cassia lignea, Squinantum, ana ʒ.i. make youre balles with old wyne, and with the decoction, of the common rootes as Smallage, Percely, Louage. These Balles be very good agaynst old Agues, and those which come of dyuers causes, agaynst the quotidian, & al other Agues, by the which the beauty and form is corrupt, and this is put into great confections sayth Nicholas.

Sicknes

How make you Trochisci de violis?

Health

TAke of the ponge flowers of whyte Violets. ʒ.v. of Amilum. ʒ.iii. the seede of whyte Poppy ʒ.iii. of Reubarbe. ə.v. the seede of Plantayne. ʒ.i. of Balme. ə.i of Rose water, as much as wil suffice, make it after the forme of the balles before, this is not vsed, but when it is mingled vp other compositions.

Sicknes.

How make you Trochisci de Squilla?

Health.

FIrst take one whole Squilla, and bake it wel in paste and cast away the outward rind, beate the substaunce of Squilla in a Morter, and put vnto it as much of the fyne flower of Orobus, & temper it with wyne and Hony, and if you haue not Orobus at hande, then take almuche breade, wel and fynely broaken; make your lyttle balles, and dry them in the Sunne. Som Poticaryes, take in this confection one part of Squilla, and two partes of Barly flower.

Sicknes;

Sickeneſſe.

Haw make you Trochiſci theriaci?

Health.

FIrſt take a yong Adder, of the length of a ſpanne, with redde eyes, a ſhaking toung, and hornes lyke the graine Seſamum, cutte away the head and tayle, about three fyngers, that which is in the middes muſt be dreſſed, the ſkin taken of, and the inward parts caſt away. waſh it oft in ſweete water, and ſeeth it ſo longe, til the fleſhe fall from the backe bone, and temper the fleſh and the iuice of it togeather, put vnto it as much of Orobus, or of Bread, make little balles of the weight of ℥.ß. drye them in the ſhadowe. Theſe be not taken, but when they be vſed with other great compoſitions, except it be in curyng the Leaprie.

Sicknes

How make you Trochiſci Diacorallion

Health.

TAke of redde Coral, Cinamom, Mirrhe, Amomum, Poppy ana. ℥.iiii of Squinantum, Saffron, ana. ℥ii. of Calamus Aromaticus, the woode of Balme, Caſiafiſtula, Folium indicum, Maſtike, wylde Tyme, Valerian, Azarabacca, herbe Robert, ana. ℥.i. and theſe beynge fyrſt made in pouder, forme your little balles with wyne. Theſe are a preſente remedy to ſtaunch the bloudy fluxe, they doe alſo fortefy the ſtomacke, and cauſe good digeſtion.

Sicknes

How make you Trochiſci de Camphire?

Health

TAke of Roſe leaues ℥.iiii. of Spodie. ℥ ii of yellow Saunders, ℥. ii ß. of Saffron. ℥ ii. of Liquorice. ℥.ii of lignum Aloes, Cardamom, Amilū, Camphyre. ana. ℥.i. of Sugar, of Manna, or ſweete dew, ana ℥.ii make your balles with ẏ ſappy part of Fleawort, and Roſe water. Theſe be very good in hoat Agues, and to quenche the thyrſtines and burninge of redde Choller, or Bloude: it aſſwageth the heate of the Stomacke, Liuer, of all the inwarde partes, it cureth the yellow Jaundice and thoſe which are in a conſumptiō.

Sicknes

How make you Trochiſci de Alcachengi?

Health

TAke of the Beries of Alchachengi, three of the fowre greater colde ſeedes, ana. ℥.iii, ß. of Bolearmeniacke, Gumme Arabyke, whyte frankynſence, Dragons Bloude, whyte poppye bytter Almondes, Liquorice, Tragantum, Amilum, the kernelles of Pyneaples, ana. ℥.vi. of Smalage ſeede, Amber, Henbane, the iuice of blacke Poppye, ana. ℥.ii. make youre Balles with the ſappye Juice of the Beryes of Alchachengi. Theſe bee a preſente medecine agaynſte Exculcerations in the Reynes, and the bladder, and the payne in piſſing.

Sickneſ

Sicknes.

How make you Trochiſci de Myrrha

Health.

TAke Mirrh ʒ.ii. of Lupus ʒ.v. ℈ Leaues of Rue, wilde Mint Penerial, Comine, Madder, Pellitary of Spayne, Serapin, Opopanax, ana .ʒ.ii. make balles of the weight of .ʒ.ii. of which let the paciente take .ʒ.i. on the day time, in the water wherein Juniper ſeede was ſodden. Theſe be ſo ſtrong a medecine, to purge the termes in women, that they wil cauſe the child to diſcende: if they vſe them oft, the termes ſhal bee moued very wel: alſo in boring the Crookyng, and bowing of the ham, or in cuttyng the veyn, which lyeth by the ancle, you may alſo vſe boring a boute the thies.

Sicknes.

How make you Trochiſci de Muſco?

Health.

TAke of the Wood of Aloes, ʒ b of Amber ʒii. of Muſke, ʒ.i. the gumme of Tragantum, with Roſe water aſmuch as will ſuffice to temper them together, ſo make your balles. Theſe do comforte the ſtomacke, harte, and liuer, and bee vſed with greate medecines.

Sicknes

How make you Trochiſci de Rubarbaro?

Health.

TAke of Reubarbe. ʒ r. the iuice of Egremony. ʒ. iiii. of Roſes. ʒ. iii. of Spicknard, Aniſſeede. Madder, Smalage ſeede, wormwood, Azarabacca. ana, ʒ.i. bytter Almondes. ʒ. iiii. make your balles of the waygbt of. ʒ. ℈. Theſe do aſſwage the payne of the Liuer, and do deliuer it from obſtructions. they cure, inwarde impoſtumes, old griefes, the dropſy, and yellow Jaundice. and reſtore good coloure, to drynke them is a preſent remedy for thoſe which be of euyl lykyng or in conſumption. Many Phiſitions do vſe them in hoate Agues, and when the body beginneth to fall into conſumption.

Sicknes.

How make you Trochiſci de Spodio?

Health.

TAke the red Roſes. ʒ.xii. of Spody ʒ.r. of Sorel ſeede. ʒ. vi. of Purſlayne ſeede, of Coriander ſeede, infuſed in vineger and afterward dryed the rynd of the Frankenſence tree, ana. ʒ ii. Amile made in pouder, the flowers of wyld Pomgranets, Barberies ana. ʒ.ii. gumme Arabyke made in pouder ʒ.i. make theſe with the iuice of vnripe grapes. Theſe Baules taken with the iuice or ſeedes of Sorel bee very good agaynſt Agues of Choler, which haue a continuall fiure, they aſſwage the burning of ℈ ſtomack and liuer, and quench alſo the thurſt and dryneſſe.

Sicknes.

How

How make you Trochiſci de Abſynthio?

Health.

TAke of Roſes, Wormwood, Anyſſeede, ana ʒ. ii. of Rewbarbe, the iuice of Egrimony, Azarabacca, Smalage, bytter almondes, Spicknarde, Maſticke, Folium indicum, ana ʒ.i. make your balles with the iuice of Endiue. Theſe be good in long Agues, and deliuer the ſtomacke and liuer from obſtructions, and ſtrengthen the principal partes and doe cauſe good appetyte, if they bee dronken in long Agues they profyt very much.

Sicknes.

How make you Trochiſci de Eupatorio

Health.

TAke of Manna or ſweete dew, the iuice of Egrimonie, ana. ʒi, of Roſes ʒ i, ß. of Spicknard, ʒ. iii. of Reubarbe Azarabacca, Aniſſeede, ana ʒ. ii of Spodie, ʒ iii, ß. make youre balles with the iuice of Egrimonye. Theſe be neceſſarye agaynſt long Agues, and the cold and ſhakyng of them, agaynſt obſtructions of the Liuer and ſpleene, and inward impoſtumes, the yellowe Jaundice, and the dropſye, if they be taken at the begynnynge.

Sicknes.

How make you Trochiſci de terra ſigillata?

Health.

TAke of Dragons bloud, gum Arabike made in pouder, Ciuet, Roſe leede and Leaues, Amylum made in pouder, Spody, Acatia, Hipoquiſtis, the ſtone which doth ſtanch blood, the flowers of the wild Pomgarnet, Bolearmonye, Terra ſigillata, Hempſeede, Cokel, Perles, Amber, ana. ʒ. ii. Tragantum, black Poppy. ana ʒ i ß. Purſlein ſeede made in pouder. Frankenſence, Oke apple, Saffron, ana. ʒ. ii. make youre balles wyth the iuice of Plantayne. Theſe bee excellente balles to ſtaunche ſpittyng of blood, and chiefly if they be taken with the water of Plantayne: if the forehead bee therewyth annoynted, they ſtoppe the ſecrete termes, and to conclude, they ſtoppe the Flure, if ſo be that the place be therewith annoynted.

Sicknes

How make you Trochiſci de Ambre?

Health.

FYrſt take of Amber aure, bi. of Hartes horne made in pouder, gumme Arabyke, Coral in pouder, Tragantum, Acatia, Hypoquiſtis, the flowers of wild Pomgarnets, Maſtick the gum of Ladanum waſhed, black Poppy made in Pouder, ana. aure. ß. make theſe vp wᵗ the ſlymy iuice of Fleawort'

Sicknes.

How make you Tela Galterij?

Health

Health.

TAke of common sallet Oile. l'i. i. of Ceruse. ʒ. iiii. of Litarge. ʒ. iii. Mirrhe ʒ. ß. make these lyke a ceare cloth, whych is made of ware. This doeth heale and dry vp sores.

Sickenesse.

How make you Vnguentum Apostolicum.

Health.

TAke of Turpentine, whyte Ware and Rosē. ʒ. riiii. Opopanax, the peuder of Brasse, ana ʒ. iii Amoniacum. ʒ. rii. Aristolochia Rotunda, white Frankinsēce, ana ʒ. bi. Myrrhe. Galbanum, ana. ʒ. iiii. Opopanax. Verdegres. Bdellium. ʒ. bi. of Litarge. ʒ. ir. infuse your Bdellium in good Vineger, and so dissolue it, and seeth it in Sommer with. l'i. ii. of oyle, in Winter in three. This cureth easely olde Fistulaes, swellyng, and hard kernelles, it eateth away deade flesh, and clenseth the Wound.

Sickenes.

How make you Vnguentum Rosarum?

Health.

TAke of young swines grease, as mutch as you wyll, and washe it in hoate water ir. tymes, and as oft in cold. then stampe it with a geat quantity of young Roses, and let it stand by the space of seuen daies, afterward seeth them with a soft fyre, and strayne them. then take agayne as many Roses, and stampe them with the grease and so let them stand by the space of. bii. dayes, then cast vpon them one part of the iuice of Roses, and of the oyle of Almōds. bi. partes, seeth all together with a soft fier vnto the iuice be consumed, and if you wyl put vnto this Vnguentum Rosarum a little quantity of Opium, then it wyll proue a very excellent medicine to coole heate, and to anoynt the backe wyth all.

Sickenesse.

How make you Vnguentum basilicum maius.

Health.

TAke of whyte ware, Rosen. Talow of a Cowe, dry Pitche, the Greeke pitch, the fat of the belly of the Seale, fyne Frankensence, Myrrhe, ana. ʒ. bi. of liquid or moyst pitch. ʒ. iii. of all the other ana. ʒ. ii. ß. This is a present oyntment agaynst wounds inflamed and wounds in the sinewes, it doth clense them and bryng new flesh agayne. The learned Surgens, thynke this oyntment ought not to be layd to hoate sores or wounds, because it is of his nature also hoate, and so shall cause greater inflamacions, wherefore vse it rather in wounds without all inflamacions of heate.

Sickenes.

Howe make you Vnguentum aureum?

Health.

IFirst take of yelow ware. ʒ. bi. good Oyle. l'i. ii. ß. Turpentine, ʒ. ii. Rosen dryed, Pitche, ana. ʒ. i. ß. fine Frankensence, Mastike. ana. ʒ. i. Saffron. ʒ. i. make your oyntment. This hath ben proued for to heale bruses and strokes.

Sickenes.

How make you Vnguentum basilicum minus?

Health.

FIrst take of Rosen, Pitch, Ware and Oyle as mutch as wyll suffice, and make your oyntment.

Sickness.

How make you Vnguentum Populeon?

Health.

TAke buddes of Poplar tree. l'i.ß. black Popie, Mandrake leaues, the buddes of Bramble, Henbane, Dwale, Stonecrope, Lettice, Howseleke. Burre. Violettes, Maydenhayre, ana ℥.iii of young fresh swines grease l'.ii. dry all your herbes and boyle them with the grease, and so make your oyntment accordyngly. Thys is good to anoynt the temples, pulses, the palmes of the hands and the sooles of the feete in hoate Agues.

Sickness.

How make you Vnguentum Martiaton?

Health.

FIrst take of white ware. l'.ii. of oyle. l'. viii of Rosemary, of Bay leaues, ana. ℥. viii. of Rue. ℥. viii. of Quickebene ℥. vii. of Sauine, Watermints, Sage, Basell, wylde tyme, Calamint, Mugwort, Enula Campana, Gelouflowers, Brankursine, goose grease, Parrotie, Pimpirnell, Egremony, Worme wood, Primerose, Borage, younge Buddes of Elder, Orpin, Millefolie, Houslyke, Germaunder, Centaury, Strawbery leaues, Spynckfoly, herbe Judaice ana. ℥. iiii. the roote of Holy oke, Comin, Myrtell, ana ℥. iii. of Fenegreeke. ℥. i. ß. of fresh butter. ℥. i. ℥. ii. of Nettels, Violettes, red popy, of the thyrd kynde of Myntes, of Balme, Dockes Maydenhayre, Walethistle or Carduus Benedictus, Woodbine, Valerian, herbe Robert, Sorell de Bois, Hartes tongue, Ore eye, Camphire, Storax, Dearesuet, ana. ℥. ß. Mastyke, and fat of a Beare, and of a whelpe, ana. ℥. i. of Frankinsence. ℥. ß. oyle of Spyke. ℥. ii. let all your herbes be gotten in May, in one or two Dayes together, if it may be, and from. iii. of the clocke in the mornyng vntyl. xii. thē stampe all your herbes together and infuse them in sweete wine. vii. dayes on the eyght day seeth them ouer a soft fyre, and whan your wyne doth begyn to consume, then put in your Oyle and boyle them all together vntyll your herbes begyn to consume, then strayne them, and caste away ẏ herbs, and set the iuice strayned on the fyer agayne, and when it boyleth, putte in Storax, and soone after the Butter and the Grease, the oyle of Spike, Mastyke, Frankensence, Ware, and whan the Ware is melted, then take it from the fyre, sturryng it alwayes tyll it shalbe thycke, and then reserue it. Thys is a synguler oyntment for a colde headache, the payne of the breaste and stomacke, and agaynst hardnes of the breast, the spleene and the Lyuer, it cureth, Iliaco passio, if the place be anoynted wyth the Oyntment hoate, it healeth the Paulsie, the ache of the Hyppe, and the Goute in the feete, the frensye, swelsynges hardened kirnelles, the Crampe, the conuulsions, and all other aches of colde.

Sickenes.

How make you Vnguentum aregon?

Health.

Health.

TAke Rosemary. Mergeram, the roote of wake Robin, or Kuckopycke, wyld Tyme, Rue, wilde Cucūmer rootes, ana. ʒ. iiii. ß. of Bay leaues, Sage, Sauin, ana. ʒ. iii. of Hoꝛsemints, Laureola ʒ. ii. of Bzionie rootes ʒ. iii. of Nepte, wilde Cucumer leaues, ana. l'. ß. of Mastike Frākensence, ana. ʒ. viii. of Pelletarie of Spayne, Euphoꝛbe, Ginger, Peper, ana. ʒ. i. oyle of a Wesel. ʒ. ß. Olei Petroli, the Grease of a Beare. oyle of Bay, ana ʒ. iii. of Butter. ʒ. iiii. of Salet Oyle. l'. b. of Ware, l'. i. ʒ iii gather youre herbes in May, and vse all other thyngs, as in the oyntment befoꝛe, stamp them well and lay them in oyle in a Moꝛter by the space of. vii. dayes, and on the eyght day set it on the fyre vntyll the herbes go downe to the bottome, afterward strayne them and then set the iuice strayned on the fiec agayne, and whan it begynneth to boyle, put in youre oyle of Bay, Butter, the Beares grease and ware, the whych beyng melted, put in Mastike, Frankensence, at the last. Ginger, Peper, Pelletarie of Spayne, Euphoꝛbe, and when they be well sodden, then take all of and reserue it. Thys curyth cold aches anoynted after this fashion, take an Eggeshell and warme the oyntment in it at ỹ fyre. then anoynt the place, whan the place is anointed, lay also the shell vnto wherein the oyntment was warmed. It helpeth the Crampe and conuulsions and whan a man is so stykke foꝛ cold that hee can not moue his Necke: it is good agaynst ache and payne in the Hyppe and ioynctes, and against a quarten Ague, if so be the backebone be therewyth anoynted befoꝛe the fitte come.

Sickenesse.

Haw make you Vnguentum Dialthæa?

Health.

IF Irst take of Holioke rootes l'. ii. of Linseede, Fenegreeke, ana l'. i. of Squilla l'. ß. of Oyle. l'. iiii. of Ware. l'. i. of Turpentine, the gumme of Iuie, Galbanum, ana. ʒ. ii. of Colophonie Rosen ana. l'. ß. washe the rootes well, and beate youre Fenegreeke, Lineseede, and Squilla altogether, afterward put them all into, l'. vii. of water, by the space of thꝛee dayes, and on the fourth day, boyle them tyll they be thycke: then put them softly into a bagge and strayne them, puttyng vnto them a lytle hoate Water, to cause the iuice to straine the better, after this take. l'. ii. of that iuice, and boyle it wyth oyle, vntyll the iuice be consumed: Then put in the ware and when it is melted, put in Turpentine, Galbanum, Gumme of Iuie, and at laste Pouder of Rosen and dꝛy Pitche, when it is thycke, take it from the fyre, and make youre oyntment This asswageth paine of the stomack of cold, and the Pleurisie, if you anointe the place therewith, it doeth also bꝛynge heate, mollifieth and causeth moystnes.

To cure aches in the ioynctes, commyng of cold.

Sickenes.

Howe make you Vnguentum Agrippæ?

Health.

TAke of Bzionie rootes l'. ii. the rootes of wilde Cucumer and Squilla, ʒ. vi. of Flowerdelice. ʒ. iiii. of Ferne rootes. ʒ. ii. of Walwoꝛt, & Seathistell ana. ʒ. ii. washe the rootes twise oꝛ thꝛise & beat them in a moꝛter

of Marbell, then put them into.l.i.iiii. of oyle Oliue, and Mastick.l.i.ii. by the space of seuen dayes, to increase the better their heate, sauour and efficacie, boyle them on the eyght day, vntyll the rootes be softe, then strayne them, and when they be strayned, set them on the fire againe, and when it beginneth to boyle, take.z.vb. of whyte Waxe, and when it is melted, take it from the fire, and make an ointement of it, when it is colde. This is a present remedy agaynst the Dropsie, and all swellynges, in what part soeuer they bee: it asswageth paine in the sinewes, prouoketh vrine, causeth a man to be laxatiue, and cureth paine in the raines of the backe.

An oyntment agaynst the Dropsie and swelling.

Sickenes.

How make you Vnguentum diapompholigos?

Health.

TAke of oyle of Roses.z.i. of whyte waxe. z.b. of the iuice of Nyghtshade beries. z.viii. of whyte Lead.z.iiii. of commmon Leade made in pouder, of Tuthie a kynde of Leade ana.z.i. of Frankinsence, z.i. make those simples in pouder, whych be fyt to be made in pouder, seeth the iuice of Nyghtshade, with the Oyle of Roses, vntyll the Iuice be consumed, then myngle the waxe with the pouders, and beate them in a morter, and then make your oyntment. This dryeth Erysipelas and olde stinkyng soares in the Legges and Thighes.

Erysipelas is a red inflamation in ỹ body, with a Feuer or horror.

Sickenes.

How make you Vnguentum de Enula campana?

Health.

TAke of Enula campana rootes sodden in Vineger, and afterward well dryed.l.i. of swines grease, oyle Oliue, ana.z.iii. of new waxe.z.i. of salt made in pouder. z.ß. of quicke Siluer, & Turpentine washed.ana.z.ii. make this oyntment accordingly.

Anoyntment agaynst extreame itche, scabbes, and Pockes.

Sickenes.

How make you Vnguentum contra Scabiem?

Health.

TAke of Swynes grease.z.v. oyle of Bay, Quicke Siluer sleked, of Waxe washed, of Frankensence made in pouder, ana. z. ii. of Salte.z. vii. of the iuice of Planteyn and Fumiterre, asmuch as you iudge sufficiẽt. Make it after this fashion, set the iuices with the waxe, oyle of Bay, and Swines grease on the fier, and let them boyle vntill all bee melted, then put to Salte, Frankinsence, Mastike, and boyle them all vntyll the iuice be consumed. Then take them from the fyre, and put vnto them ỹ Quicksiluer sleked, as you dyd in the other Oyntment before and so vse it. This is a very stronge Oyntment and therefore you muste take dilygente heede, least that you touch any pryncipall Member wyth the Oyntement, because of your quicke Syluer, you must also myngle a great quantitie of Mastike wyth it.

Another for the same.

Sickenesse.

How make you Vnguentum pro pueris scabiosis?

Health.

Health.

FIrst take of Terebintyne washed. ℥. iij. of Butter washed. ℥. ij. of salt ℥. i. of the Juyce of Pomecitrons, the yolkes of. iiij. Egges, of Oyle of Roses. ℥. i. mingle all these together, and make an oyntment.

Sickнes.

How make you Vnguentum desiccatiuum Rubrum?

Health.

TAke the stone called lapis Calaminaris, of terra Sigillata. ana. ℥. iiij. Litharge of Gold, whyte lead. aā. ℥. iiij. of Campher. ℥. i. of Ware. ʒ. v. Oyle of Roses, oyle of Vyolets. ana. ℥. vj. make the Oyntment accordingly. Thys wyll dry moyst humours.

Sickнes.

How make you Vnguentum contra Lumbricos?

Health.

TAke of bitter Almondes, and the Juyce of Peache leaues, and Motherwoorte, ana. ℥. ß. of Roses, Lupine flowers, the pouder of Hartes horne. ana. ʒ. i. of Aloes succotrine. ʒ. ij. some put vnto these. ʒ. ij. of Oxe Gailes. Take a little quantity of Vynegar, and as mutch Hony as wyll suffyce, thys applyed to the Belly, wyll kill Wormes.

Sickнes.

How make you Vnguentum Resumptiuum?

Health.

TAke of Swynes grease. ℥. iiij. of Hens grease, Goose grease, & Duckes grease. ana ℥. ij. of Hysop. ℥. ß. oyle of Vyolets, Camomil and Dill ana. ℥. ii. of freshe Butter. ℔. i. of whyte Ware. ʒ. vi. of Tragagātum, of the slimy sap of ỹ kirnels of Quinces, Lintseede, and Holyoke, of Gum Arabike, ana. ℥. ß. myngle them together and make an Oyntmentment.

Sickнes.

How make you Vnguentum Album?

Health.

TAke of Oyle Olyue. ℔. ii. of fyne whyte Leade. ℔. i. whyte Ware. ʒ. vi. some Poticaries put to these. ʒ. ii. of Camphyer, make the Oyntment accordyng.

Sickнes,

How make you Vnguentum Matritum?

Health.

FIrst take of Litharge of Golde. ℥. iii. of Salet Oyle. ℔. ß. of Vyneger. ℥. iii. make the Oyntmen in a Leaden Morter accordingly: Thys cooleth, and dryeth, and killeth Itch.

Sickнes

How make you Vnguentum Ægyptiacum?

Health,

FIrst take of the Flowers of Brasse, called Verdigreace. ℥. v. of Hony. ℥. viiij. of stronge Vyneger. ℥. vii. seeth them vntill they bee thycke, and

make your Oyntment. Thys is a synguler good Oyntment agaynst olde Woundes and Fystulaes, whych stande in neede of clensing. It doth also eate away dead Fleshe, and purgeth also from all corruption.

Sickes.

How make you Vnguentum Citrinum?

Health.

TAke of Bozar whych is a kynde of Salt Peter. ʒ. ii. of Camphire. ʒ. i. of whyte Cozall. ʒ. ß. of Sea glasse burnt. ʒ. i. of the Gum Tragagantum, Amilū, Merbull, Cristall, of fyne Frankinsence ā whyte, of Salt peter, ana. ʒ. iii. of whyte Marbell. ʒ. ii. of Serpentarie, white Lead. ʒ. vi. make it after thys fashyon: stampe your Tragagantum, and the Marbull stones in a Mozter wyth an Iron Pestell, stampe the other alone in the same Mozter, and searse them through a Syue wyth a fyne cloth, wyth. l'. of fresh Swynes grease, and Goates grease, and of Hens grease. ʒ. i. These greases must be put into a Skyllet, or some other such lyke Vessell, the whych Vessell ought to hange ouer the Fyre, in a Cauderne full of water, let the water in the Caulderne so boyle that the grease may be melted, by the heate of the water in the Caulderne. Whan ẏ grease is melted, strayne it through a fyne clothe into a Dysshe, ā put vnto it all ẏ pouders, except Camphyre and Bozar, stirring it continually, vntill all goe together on a lumpe. Thys done, myngle wyth it two Pomecitrons or moe, stirring it all wayes, ā whan it beginneth to boyle, put in Camphyre and Bozar, it must be continually stirred tyll it be cold, after that it bee taken from the fyre the whych done, make the oyntment. And here you must note that one pounde of pouder, wyll requyre l'. viij. of grease.

Sickes.

How make you Vnguentum Neapolitanum?

Health.

These Ointmēts be good for the buttōs of Naples, Soares, Aches, &c.

FIrst take of Oyle of Camomill, Dyll, Spicknarde and Lillies, ana. ʒ. ij. of Swynes grease and the fat of Veale, ana. l'. i. of Euphorbe. ʒ. v. of Frankensence. ʒ. v. Oyle of Bay. ʒ. i. ß grease of Vyper. ʒ. ij. ß. of quick Frogs of earth Wormes washed in Wyne. ʒ. iij. ß. Iuyce of Walwoyte, and Enula Campana rootes. ana. ʒ. ij. of Squinantum, Stichados, and of Motherwoyt, ana. M. ii. of sweete Wyne. l'. ii. boyle them al together vntill the Wyne be consumed, then strayne them ā put vnto the strayning, Litharge of gold. l'. i. of Terebintyne washed. ℥. ii. make thys Oyntment or searecloth with whyte Wax, putting vnto it, whan it is almost sodden. ʒ ß. Stacte, or of the saffest ā tendrest part of Myrrhe, thē take it from the fyre ā styrre it till it be luke warm, after this put vnto it. ʒ. iiij. of Quycksiluer slekēd wyth your spettell, styrryng it tyll the Quycksyluer bee run together on a lumpe wyth other Symples, and so make your Oyntment.

Sickes.

How make you Another. &c?

Health.

TAke of Oyle of Spyke. ʒ. i. Olei de Tartaro, Oyle of Baye, Olei Petrolei, and Swynes grease, ʒ. iiij. of Frankensence. ʒ. ß. of Euphorbe. ʒ. i. ß

the oyn-

the oyntment of Holioke, and of Agrippa, ana. ʒ. j. of Quycksyluer. ʒ. iiij. myngle all together and make your Oyntment.

Sicknes.

How make you Vnguentum Galeni?

Health.

TAke of whyte Ware. l'. i. oyle of Roses. l'. iij. let theese bee melted all togethe̅r, and washed well and ofte wyth cold water, vntill they bee whyte, it were the better that they be washed wyth a little Vyneger. A good colde vnguentum.

Sicknes.

How make you Vnguentum ad Combustionem ignis, to heale burning w̄ fyre?

Health.

IT is an Oyntment whych I haue oftentymes proued to help many, whose vertue excelleth in healing the flesh, whan it is combust or burnte wyth Fyre, and it must be thus made. Take of the Ryude or tender barke of Elder, & the Pyth or Cork of the same Elder. ana. ʒ. ij, boyle it in three pyntes of water vntill halfe be consumed, then straine it and put in Oyle of Nuts. ʒ. iiij. and seeth it softly in a cloase vessell vntill your water bee wasted, then put in new cleane clarifyed Ware. ʒ. ij. myngle them togeather, and so is your Oyntment made. An oyntment for burning.

Sicknes.

How make you Suger Roset?

Health.

TAke fyne Suger and dissolue it wyth Rose water, and seeth it well, then cast it on a Marbell stone, till it be cold and hard, after warde cut it in great peeces. Thus you may also make Suger Vyolet, & Bugloss.

Sickenes.

IHaue ben troubled wyth a bloudy Flyxe many a long day, wyth paynefull turments in my Guttes, and runnyng oute of yellow Choller, excoriation, or as I thynke the scrapyng of my Guttes, wyth pourynge out of bloud, my body is cleane wasted, my flesh consumeth, I cannot tell what to do, I take no rest in my bed, I haue a continuall drynesse, thys payn hath brought vnto my mynde, an infinite number of cares, & miserable afflictions of the soule: I haue ben wyth many, I haue sought euery where for help, but I haue found none. I pray thee, deare Health, bestow vppon me some worthy medycine whych may recouer me, and heale me of this sore, & great disease. Here sickenes describeth the flixe with the effectes.

Health.

THys assure your selfe, I haue helped many, and hyndered none that haue vsed it, for I my selfe haue oftentymes proued it, euen so do you. Take the Juyce of Planteyn, of Knotgrasse, of Sheapperds purse, of Nightshade, of Ribwort, ỹ water of Roses. an. ʒ. ij the whytes of. iij. Egges, the seede of Kyse, ỹ flowers of Pomgranets, ỹ rynde of Pomgranets, the wylde whyte Rose, finely beaten in pouder and searsed, ana. ʒ. ij. Acatia. ʒ. i. clarified Ore tallow. ʒ. ij. Goates milke pynte ß. seeth al these together, then put in Terra Sigillata fine in pouder. ʒ. i. ß put these A Clister to stop ỹ bloudy flixe.

put these all into your Clister bladder, and receiue it luke or more than blood warme in at your fundament, and lye downe vpon your bed and rest, hauyng the lower partes of your belly warme anoynted with Oyle of Rue: and afterward take Worme wood, Sothernewood, Rose leaues, Sauery, Puleole, Rosemarie, ana. M. the beries of Myrtels, the pouder of the barke of Pomgranets, ana. ℥. ii. whyte are Bran. M. ii. seeth all these in raine water, and whyte wyne, ana. l'i. iiii. vntyll part be consumed, then wyth warme clothes be washed, and after apply all these thynges to your Raynes of youre backe and belly, then drynke Red wyne, wherein tarte plumbes haue bene sodden, Planten water, and vnripe Mulberies: and thys is myne aduice, Sickenes, to make the whole, for wyth this I haue helped many withall.

Walletn hath vsed thys oftentimes to his friendes.

Sickenes.

How make you an Epithema to stop the flixe.

Health.

I Shall teach you a very good holsome Epithema, whych hath helped many a hūdred, make it and proue it as occasion shal moue thee. Take a Lynnen bagge a foote square, put therein Red Rose leaues, red Briar leaues, Myrtyll beries wyth the leaues, Poley of like quantity to fyll this bagge, accordyng to greatnesse of the body so make this Bagge, but commonly .xii. inches is vsed, let thys seeth in Red wyne, thē apply it to the belly very warme, and make it warme agayne, yea .x. or .xii. tymes, and keepe it to the belly: and sometyme there appeareth knottes lyke lyttle Figges in the nether partes, through the aboundance of humours, in suitch cases: wyth a Sponge washe that place often tymes with the decoction of the Epithema aforesayd, and dry Mulberies, and Briar bearies which be thaut ripe, make them into pouder and burne Hogges hayre, and the ashes thereof put into this pouder, and .biii. graines of Wastick in pouder, cast or rubbe youre sore place therewyth, foure tymes a day, and hereafter folowyth a moste excellent Epithema for that same purpose. Take Gumme Arabike, Frankinsence, Mastike, Aloes flaua or yellow, ana. ʒ. ii. Dragons or mans blood, the stone called Hematist. ana. ʒ. i ß. the burnte poudet of the cloue of a Crab or any shell fish. ʒ. ß. with twoo hard rosted Egges, this gumme dissolued wyth a lyttle Red wyne tempered wyth the rest of these pouders and Egs, make them warme and in a lynnen longe bagge apply it to the raynes, and so make it warme betweene two platters vpon the Coales, and gene the sycke Theriaca. ʒ i. mingled with Red wyne. ʒ iiii. warme to drynke at that present tyme, and thys wyll stop any extreame flure: if you wyll make a glister to helpe the Colyke or wynde in the Guttes. Take Hysop, Centauri, ana. ʒ. i and one good white Colaquintida, seeth it in a close Vessell in two quartes of Water vntyll halfe be wasted, then strayne it, and take a pynte or more of thys decoction and put thereunto oyle of Rue. ʒ. i. and warme let it be ministred, if thys be somewhat weake to a very stronge body, adde to thys Hony. ʒ. i. Hiera simpler. ʒ. i. and common Salte, ʒ. i ß.

Epithema to stop Fluxes.

A Clister for the Collycke.

This did doctor Mansfield vse to his, pacients at Norwiche, many tymes.

Sickenes.

How make you Collyzia whych be vsed for sore eyes?

Health.

Sickenes.

How make you Collyria which be vsed for sore eyes?

Health?

THey be made of two kindes, the one liquid or moyst called Collyrium, the other dry, made in forme of a Suger loafe, called Sief, but in wayght not. ʒ. ß. and of them speaketh Galē, lib. 4. medic. localium cap. 4. and Paulus Ægineta in libro septimo, Cap. 16. They be made of iuices liquors, seedes, fruicts, parts of Plants, Mettals &c. But I wyll shew thee how to make some for the comfort of eyes: and fyrst whan the eyes begyn to be sore, hoate, red, dym me. &c. Take the whyte of an Egge well beaten, and oftentimes drawne through a strayner with the lyke quantitye of cleane Rose water, and Plauten water myngled together, and drop parte of this into your eyes. Another, take Tuthia or Lapis Tuti prepared, & the stone called Calaminaris, ana. ʒ. iiii. the whyte of an Egge, Rose water, womans Wilke, the decoction of the Kernels of Quinces, ana. ʒ. iii. myngled together, you may put in fine cleare yellow Aloes. ʒ. i. if you wyll. Thys Collyrium will dry vp watry and gummy matter in the eyes.

Collyrium Sieff.

Very good Colliries. for sore eyes.

Another to quycken the syght. Take the stone Tuthia or Tuti prepared, Imonitacum, Bras burned or adust, lapis Calaminaris, ana. xii. pennye wayght, Myrrhe, the stone called Hematist, Opium, ana. vi. peny waight, yellow Aloes called Hepatyca, Bulles gaule, Galbanum, gum Sagapena, ana. iiii. peny wayght, Salt Armonyake, the iuice of Chelidon, ana. iiii. peny wayght, and thereunto adde Rose water, and beate it in your Morter, then rowle them in small sharpe pieces, and dry them. keepe them vntill you haue neede: and whan occasion shall serue, dissolue one of these pieces in Rose water, the whyte of an Egge or womans Wilke, and put it into your eye. This is most excellent to make cleane the eyes, sharpe the syghte, and make it beautifull.

The best learned of the Greekes and Latines vse this for sore eyes.

Another for the same. Take Ceruse washed in Rose water. viii. sundry tymes in seuerall waters ʒ. i. whyte Gum, Sarcocol of Persia. ʒ. ii. Amylū, Traganth. ana. ʒ. i. Opium. ℈. iiii. all lightly beaten or ground on a Stone put thereunto a lyttle of the Mussege or thicke decoction of Fenigreeke, and so fashion them and make them dry, and keepe them cleane, you maye put some of this into your waters for the eyes.

A Linamene for Pleurisie.

Sickenes.

How make you a Liniment to put away paine in the Pleurisie.

Health.

TAke oile of Camomill, the fat of a Capon, ana ℥. i. of fresh Butter newly made. ʒ. iii. and a little piece of new ware, so make your Liniment to anoynt the stomacke.

Sickenes.

How make you a Frontale or a Foreheadcloth to quench heate in the head, in the time of a Feauer, and to cause sleepe

Health

Health.

A frontalle for hedache.

After the mynde of Galen prepare a double cloth of Linnen three Fyngers broade, and in length from one Eare to the other Eare, put into thys clothe as followeth. Take Red Roses or theyr Leaues, Lettyce leaues, Poppy leaues or the seedes, and quilt it, and make thys Frontall warme betwene two broade Plates or Platters, with Rosewater & Vynegar, and then bynde it to the Forehead. An other for the same. Take water Lylies, Violets, Melilot, Lettice flowers, whyte Poppy heads, ana. M. q. bruse all together, & put them into your clothe. If the head be cold, & haue no warmenes, thē make your Frontale thus. Take Sage, Rosemary, Camomill, Betony, Bryonie, Melilote, Basill, Sauory, or such lyke Herbes bruised, and put into your clothe: And in hoat paynes of the head, poure water of Roses and Vynegar together, vpon a hoat Tyle stone, and receyue the Vapour or Smoake into your Mouth. In colde causes poure Aqua vitæ, & Sage water vpō a burning Tyle or stone, & receyue ỳ smoake. Cōmonly Galen in. 12. of hys Therapeutice, dyd anoynt syckе Folkes heads with Oxyrhodinum, whych is made of Oyle of Roses. ʒ. i. & Vynegar. ʒ. ij. mingled & shaken in a Vyal of glasse, & cold, anoynt ỳ Forehead therewith.

For sleepe.

Vapour to smell vpon.

Sickнes.

How prepare you a Gargarizme or washing Gurgle, for the Mouth and Throate?

A gargarizme to gurgull in the mouth and throate.

Health.

YOu shall doe thus. Take the stilled waters of Roses, Planteyn, Vynegar, Hony, Lettice, Strabury, Nightshade, water Lilly, & of Burnet, ana. ʒ. i. Diamoron. ʒ. vi. the Juyce of Raspes, of Barberyes. ana. ʒ. vj. ß. syrupe of Poppy. ʒ. ß. of Strauberies ʒ. iij. of Vynegar. ʒ. ß. myngle them well, and thys is a Gargarizme, to skowre the throate in all hoat dyseases, and in the tyme of Angina. And here followeth an other for the same. Take Planten, Burnet, Strabury leaues, Knotgrasse, ana. M. i. Sorrell, Sage, ana. M. red Roses. M. i ß long Pepper, Pellitory, ana. ʒ. ß. ə. ij. bovled in a Pottell of Water, till the halfe or more be consumed, then strayne it, and put to it Hony of Roses. ʒ. i. ß. Oximell Scilliticum. ʒ. i. myngle them together, & then it is perfitly made. An other very good, whych hath done much good, as Doctor Leonard Fuchsius reporteth. Take Hiera Picra simplex. ʒ. ß. Oximell Scilliticum. ʒ. ij. the stylled waters of Hysop, Betony, and Organe. ʒ. i. ß. myngle theym, and make your Gargarizme. Mustard, Vynegar, Pepper and Hony myngled together, doe make a good ready Gargarizme. Prouided that you mynister your Gargarizmes warme, to draw humours: But when you stop thē, vse cold things, taken cold in your mouth, as Vinegar, foũtayne water. &c.

A gargarizme must be giuen warme to draw humors from ỳ heade.

Sickнes.

How make you Nasalia, or to stop bloud in the Nose?

Health.

Nasalia.

WHyen the bloud doth aboundantly flowe out of ỳ Nose, it is good to open the Lyuer veine in ỳ right arme, to take the aboũdance away, & somtime smal stringes or veines wil breake, in such cases moderat

Dyet

diate and colde thynges, are good to bee vsed, and this pouder to be put into the Nose. Take the Kaies or woly knottes growyng vpon Sallowes, commonly called Palmes, beyng dry, Bole Armonie fyne, that wyll cleaue to the tongue, and Dragons bloud, ana. ʒ. i. beaten into Pouder, and finely sifted, and the fyne haire of a Hares belly. ʒ i. ß. cut or mynsed most short lyke pouder, put these together, and stuffe them into the bloudy nostrell, or els dissolue them wyth the whyte of an Egge, and so draw them into the Nose: Often tymes the head is stopped, and the stomacke so disquieted, that sternutacions or neesyngs wyll helpe. And also the sayed sternutacions wyll helpe Women to quycke deliueraunce, in the time of their trauell. Then do thus. Take Margerum, Nigella, Cloues, whyte Peper, Ginger, ana. ə. ii. Castor, Condisi, ana. ə i. make them in fyne pouder, and put them into ỹ nose. Or thus. Take Nutmegges, Ircos rootes, ana ʒ. i. Elleborus Albus, called neesyng pouder roote. ə. i. white Peper, Pellitorie. ʒ ß. Calamus. ʒ. i. ə i. beat them in pouder, and keepe it to vse, as a mornyngs, & in childe birthes. &c.

To stop bloud in the nose,

The profit of neesing.

Sickenes.

Reumes, weakenes of sight, dulnes of hearyng, slownes of speach, ouer mutch sleepe, sometime trouble me with foulenes in my mouth what helpe then to clense, or draw forth fleume?

Health.

MAke a prety lynnen bagge of fyne cloth, put therein Mustard Seede, Hysoppe, Ginger, Peper, Pelletorie, Stauesagre, Mastike, Dygan. ana. ʒ. i. ß. beaten together, put part of this into this bagge, or els into your mouth, without the bagge, or els tempered with the iuice of Beates and Hony, and so make your mansill or bityng thyng. It wyll draw fleume, clense the eyes, comfort memory, and quench the salte fleume, that make the face high coloured, vse it a mornyngs often times.

Apophlegmatism, to put in the mouth to draw forth filth.

Sickenes.

How make you Pessis to mollify, to vnbynde, and to restraine, to be put into the secret place of the vrine of women?

Health.

TRuly the makyng of them whych doe mollify is in this. Take Oelipi, whych is an oyle sodden out of the wolle that is clypped or shorne from the Neckes or flankes of sheepe, Hartes tallow or the marth called Mary, Goose grease, Capons or Hens grease ana. ʒ. i ß, Flax or lynt seede, Fenegreekee in pouders, ana. ʒ. ii. Melilot. ʒ. i. Mastick. ʒ i. ß. the yolkes of Egges, Oyle of Roses, and the Oyle of Flowerdeluce, ana. ʒ. i. ß. fresh Butter. ʒ. iii. put to a piece of waxe, melt them together, and prepare woll rowled together in the forme of a fynger or lutch like, dippe it in thys liquor, whan it is styffe let it be vsed, I meane into the secret place of Conception, retaynyng it in the place. iiii. or. v. howers wyth a threade in the end thereof, it may be made with a Sponge. To prouoke termes menstrual Take Mug wort Sothernewood, Dyttan, Calamus odoratus, ana. ʒ. ii. the Seede of Nigella. ʒ i, ß. Bay berryes. ʒ. ß. dry Rue. ʒ. i. Sauen. ə. ii. Myrrhe, Styrax liquid. ana. ʒ. i. ß. Sagapine, Ladanū, ana. ʒ. beatē in a Morter with Hony, & rowle it in the Pessary, and apply it accordingly.

Oelypi is an foule Oyle made of wool but very good for Pessaries and other medicines.

A mollifying Pessary.

How to vse a Suppositor.

Sometyme

Pessaris to restraine.

Sometyme immoderate flur or termes passeth so mutch and so painfully, that in sutch cases, Pessaries restrictiue be very holsome, as exãple. Take the pouder of Hartes horne, Olibanum, ana. ʒ.ii. Dragons bloud, Balaustia, ana. ʒ.iβ. Damaske Roses. ʒ.ii. Acatia, or iuice of sower Plumbes dryed, Hypocistidis, Mastike, ana. ʒ.i. Bole armeny. ə.ii. Bistorta, Comfory, ana. ʒ i. ℈. bruse and stampe them well in a Morter, put in the iuice of Planten, and Oyle of Roses, as mutch as wyll suffice to rowle in your woll and make your Pessarie.

Sickenes.

Agaynst the foule stynke of a corrupt ayre, a fylthy house, and coldnesse of the brayne, what smoke, fume, or sauour is then good?

Health.

How to receiue fume or vapor.

NOt onely for a colde brayne, but also agaynst rawe humours, and vompting of Bloud. &c. If the Pacient haue a few coales betwene the Legges, stoupyng downeward, wyth clothes cast loose about the naked body, as a mantell, Gowne &c. receiuyng the smoke, at the mouth, through some Trunke or hollow thyng. Take the wood of Aloes. ə.ii, Gallia muschata ʒ.i. Sage, Margarũ, Rosemary, Maces, Bay leaues, ana. ʒ i stamped in a morter into fyne pouder, put in fyne Muske. G. viii. and cast part of this or all this, by lyttle and lyttle on the coales, or thus as foloweth.

Take fine Frankinsence, Cinamon, Cloues, Maces, the rynde of a Pome Citron, ana. ʒ. ℈. the wood of Aloes, Myrrhe, Mastike. Trochisces of Gallia Muschata. ʒ. ii. beate all in a morter, and put in some Styrar liquide, and your morter partely warme, beat altogether and make your sweete Fume, puttyng in if you wyll Muske, Amber grece. ana. G. iiii. Here is a good one. Take Ladanum. ʒ. i. Frankinsence, Mastike, ana. ʒ. i. Styrar Calamita. ʒ. ii. Cloues, Cinamom, Nutmegges, ana. ʒ. i. wood of Aloes, Myrrhe. ʒ. ℈. deade coales of Salow, Cyprus. Fur. or Genuper, ʒ. ii. beate them all in a Morter somewhat warme, put in a lyttle Venice Turpentyne, and cleane Rosewater, and worke all together wyth your Pestil, and make your parfume, and thys shall suffyce: but when Women do sodaynly fall sicke wyth swellynge of the Matrix called ỳ Mother, then it is perillous to vse sweete parfumes, but then vse to parfume with Galbanum Asa fœtida, Castor, Fethers, the paring of Horshoues. &c.

Perfumes for ỳ mother.

Sickenesse.

How make you Sacculum or Scutum, the shilde or twilte for the breast?

Health.

Scutum.

THey be very comfortable for the breast and stomacke, to stoppe vomits, and be good for the Hart, Spleene, and Belly, and thus it is made. Take flowers of Rosemary, Lauender, Camomill, Betonie, Roses, ana. M. ℈. or Sage, Margarum, Melilote, Myntes, ana. M. ℈ß. or Leaues of Sene: ʒ ii. ℈. Stichados. ʒ iii. Cloues, Nutmegges, ana. ə. ii. and Maces. ʒ. iii. stamped in a Morter and twylted in a sylke or fyne lynnen cloth, made

in the

in the forme of a Sheelde or a square Trēcher. Another. Take flowers of Bugloſſe, Roſes, Balme. ʒ. iij. Cloues, Maces, wood of Aloes, Cardamon, ə. ij. Saffron. ə. j. Galanga. Spyckenarde, the Bone of Hartes heart, aā. ə. j. ß. Muſke, Ambergreece. ana. ℈. r. beate in a Morter, and wyth ſoft Cotton quilted and applyed to the breaſt. You may put in warme herbes, as Sage, Wormewood, Mynts, Horehound, Sothernwood, &c. put in a Quilt, or Stomycher with the pouders of Calamus, Cloues, and Comen, quilted & made very warme wyth Wyne or A qua vitæ betwene two Platters, and ſo applyed to a weake feeble Stomacke: and thus I ende of Sacculum, or Muyltes.

Thys is an Emplaſter, if oyle be put in.

Sicknes.

How is a Cerote made?

Health.

THey be made of Ware, Oyle, and Pouders in a Quylt, in forme of a Shooe ſoole, or an Oxe tongue, and are thus made. Take Cinamon, Cloues, ana. ʒ. i. Galingal, Maces. ana. ʒ. ß. ſweete Calamus. ʒ. i. ß. woode of Aloes, Gallia Moſchata. ana. ə. i. Flowers of Pomgranettes, Maſtike, Ladanum, ana. ʒ. i. oyles of Maſtike, Roſes, Myntes, ana. ℥. i. wyth Ware. ʒ. i. Terebintyne, beate your dry thyngs in pouder and put your Ware to them, and ſo melt them, and ſo to keepe your Cerote. You may make ỳ ſame in Leather or Silke. You may for the Splene put in Melilot, Lintſeede, Fenegreeke, Capper barkes, Calamus, Nutmegges, Ware, Terebintine, accordinge to Arte, putting in Oyle.

A Cerote and howe to make it.

Sicknes.

How make you Inſeſſus?

Health.

FOr lacke of a Bathe, theſe are good for the Belly, & raynes Take Filipendula, Saxifrage, Mallowes, Holihoke, water Creſſes, ana. M. i. the ſeedes of Flax, Smalage, Fenegreek, ſeeth all together in ſufficient Water to the thyrd part, and ſo vſe it for the ſtone. Another. Take Mugworte, Sage, Betony, Calamint, Organie, Peneroyall, Camomill, Melilote, ſaynct Johns graſſe, Sothernwood, ana. M. ß. the Rootes of Lyeos and Smalage ana. ʒ i. ſeeth your rootes ſoft & your herbes: thys is good for the Matrix, Belly, for the Chollicke, ſwelling wynde, Timpany, cold. &c. Another agaynſt a blouddy flixe. Take Planteyn, Knotgraſſe, the Ryndes of Pomgranets, Shepards purſe, Horſetayle lyke a water ſprinkle, the flowers of Pomgranets, ana. ʒ. iiij. ſeeth all in rayne water. Vynegar, or Red wyne to the thyrd part, & apply it to the lower partes of the Belly.

Inſeſſus.

A goodly remedy for the flixe.

Sicknes,

How make you Fomentum?

Health,

THere be two Foments one moyſt, & th'other, dry as Hippocrates ſayth lib ij. victu. acut. and now of a moyſt one. Take Mallowes the Flowers,

Fomentes moyſt & dry.

wt toppes of Dyll, Camomill, Melilote, ana. M. ß. the seedes of Lyne, and Fenegreeke, ana. ʒ. ß. sodden in. l'. ij. of Fountayne water to the halfe, & so you may drawe it through a Searse or a strayner, and wyth a Sponge warme, you may washe the Belly, or any other greeued place.

Sickries.

How make you Dropar to clense the head, and pull of scaules, and filthy Glewe that Chyldren are infected wyth all?

Health.

¶ Dropar for a scalde head.

DRopar wyll do many thynges to the body, it may bee made to humect, and to dry, to clense, to coole, and warme, but to your question to make a Dropar for an vncleane heade, called the scaule, or glewe, or els crust. Take Pix or Pitche, Ware, Colophonie. ana. ʒ. iij. Bitumen. ʒ. ß. Brimstone. ʒ. iij. Peper, Pellitory. ana. ʒ. ij. Staueſagre. ʒ. i. ß. Euphorbium, Elleborus the whyte, ana. ʒ. ß. beate your dryed thynges into pouder, and melt them together, spreade thys vpon a Leather warme layd on the sowle head, being fyrst shauen for. xxiiij. houres and so quickly rent it of, and thus I make an ende of these kyndes of Compoũdes. And when I haue more quietnesse, with conuenient leiser, I will say some thyng of Compounded waters: But it shall make no great matter if I geue place to them, whom no man can mende, that haue wrytten most plentifully, learnedly and compendiously, of the natures of Precious waters, both Symple & Compounde: yet shall I remẽber some good waters shortly, because tyme, & place so mooueth me in that case.

Where the heart is vnquiet, prosperous labour doth not goe forward.

Sickenes.

MIne Eyes begin to be dim, my syght fayleth me: I woulde learne to make a water, to keepe theym from vtter blyndnesse. For when the syght is decayed and gone, the Ioyes of thys World are past, and nothyng is left, but misery & heauinesse of mynde, & continual musing.

Health.

¶ A goodly water for sore eyes.

AMeruelous water to conserue the Syght, I shall teache thee, whych I haue proued my selfe, to haue helped many one: and the great learned Man in Waters, called Euonimus, hath wrytten it, who in Distillations was equall to any, that euer practized the same, and it is thus made.

¶ Three rych Waters, Siluer, Golde, and Balme.

Take the leaues of Rue, Mynte, red Roses. Sage. Maidenhayre (other leaue out Mynte, and Sage, and for them put red Fenel, Veruyne, Euphrage called Eyebryght, Betony, Hony succle of the Mountayne, and Endyue) of euery one syxe handfulles, let theym bee put into whyte Wyne, for the space of. xxiiij. houres. then let them bee distilled in a Limbecke: the water that shall fyrst run out, is compared vnto Syluer, ỹ second vnto Golde, the thyrd vnto Balme, and thys must be close kept in a glasse: it is a water for all Dyseases of the Eyes, that bee curable, out of Ægidius, and Lullius, it is described Amongest the waters, composed for dyuerse inward dyseases by Vlstadius.

An other

An other water for the eyes, about the beginnyng of Maie, gather Selandine, Veruen, Rewe, Fenell, beate them seuerally, and take .ʒ.iii. of the iuice of euery one of them, then mixe them, put to a lyttle of the greene braūches of Euphrage, called, Eyebright, or Roses .ʒ.iii of Sugar Candie .ʒ. iiii. of the best Tucia, and as mutch of Dragons bloud, when all these are beaten, thou shalt mixe them together, and distille them in a Limbeck of glasse the liquor that runneth forth, thou shalt let it stand two or three dayes in a receiuer, and then vse it: it is of great vertue, for the eyes that bee darke, dimme, red, or haue the webbe in the eye. The water of the Vine, together with Hony sublymated by the fyre, cureth the blyndnesse of the eyes specyally. The Monkes in Mesuen, that is the water of the vine (sayd they) which in euery Spryng tyme, when the Vines are cut, for certayn dayes space without any distillacion is pressed forth: this putteth away pyckynges, heate of the eyes, and clarifyeth the syght, commyng by a hoat cause: if a Man put into both corners of the eye, one droppe of this water, it sharpeneth the syght, and cureth any disease of the eyes, within .v. dayes sayth Euonimus, &c. Reade after in the trymming waters, amongest them that be ordeyned to Dying of the haire. Here is also a water for the eyes in Sommer, to preserue the syght, described by Ioannes Mainardus, in his Epistelles, vi.iiii. three parters of Roses, the herbes of Fenell, and Rewe, of eyther one part, let them be well myxt together, and after three dayes, let a water be distilled, other in only vapor of sethyng water, or in the Sonne, or in Bálneo Mariæ, as they call it, so that a handfull of the foresayed herbes, bee put into the receiuyng vessell, that the droppes may fall vpon them, and the mouth of the receiuer and the nose of the vpper vessell, must be diligently ioyned together, and closed, that the vapours may not get out, but be kept very close from ayre.

A Water for the Webbe.

The maner of distilling the Water forseies

And hereafter foloweth an other water, of an excellent Vertue.

Fyll a syll full of the leaues of Agrimonye, Veruen, Euphrage, Fenell, Rue, red Mintes, and Louage, cut them, spryncle vpon them a little white wine, and cleare wine, and distille them in a clay stillatorie, this liquor represseth the swellyng of the eye lydes, of a colde cause, it dryeth vp the bleare eyednesse, it stoppeth the flowyng of teares, it cleareth the syght, it breaketh the blemishes, spottes, cornes, or pearles: if thou wylt haue it stronger to breake spottes or pearles, put vnto it Gallitricum, and Chickens weede, wyth red flowers. You may get a Water out of Fenell also for the same causes, for a liquor gathered out of the rootes and leaues of Fenell, sodde in Water, with a Basen layd vpon the water, whyle it yet seeth, and kept in a glasse, and one drop put into the corner of the eye euery day, mornyng and euenyng, for the foresayed causes, this is proued to be very good. To breake the spot or Pearle, myxte wyth the foresayd waters, Myrrhe, and Aloes a poūd and put a droppe of the liquore strayned, in eyther corner of the eye, early and late.

Goodlye Waters for the eyes, whych excelleth in vertue.

A Water distilled of the flowers of whyte Thorne, and Willow, putteth away pyckyngs, heates, or rednes of the eyes, it stoppeth teares comming of a hoat cause, and breaketh the spottes, or Pearles of the same cause. A Water of the Leaues (flowers) of Euphrage, stoppeth Teares, commyng

The Water of whyte thorne and Willowe for rednesse of eyes, cōminge of heate.

Water of Euphrage called Eyebright, for swelling in the eyes, cõmyng of cold.

of a colde cause, and maketh slender the Eye lydes, that swell of the same cause, and restoreth the same syght, that hath any impediment. Euonimus doth say, that Euphrage doth not heate, but is temperat, or els doth coole moderately in the fyrste degree, and dryeth in the seconde.

Euphrage or Ophthalmica so named, because it is a herb for Eyes

An excellent water for the debility of the syght, described by Gordonius, take Selandyne, Fenell, Rue, water of the Mountayne, Euphrage, Vervein, red Rose wyth theyr Buds. ana. l'. ß. Cloues, long Peper. ana. ℥. ij. when they are bruised together, dystill them in a Limbecke of Glasse, with a slowe fyre, and put of it euery day in the Eyes.

Gordonius water for Eyes.

An other of the same mans, for a Fistula, whych hee is certayne wyll heale it: two pounde of good whyte Wyne, dystilled in the same vessell, Aqua vitæ is dystilled in: the waters of Rosemary & Sage. aã l'. b. Sugar l'. ij. when they are distilled, put agayne to them ℥. j. of Sage, and asmuch of Rosemary, when they are steeped together viij. dayes, thou shalt straine it, and vse it. A canker in what part of the body so euer it be, the herbe called Canker, whych is also called Doues foote, the Flowers of Quinces,

Gordonius water for a Fistula.

Andreas Fornerius water for a Canker.

the Flowers of Cerifolium, the Flowers, or Leaues of the Bryer, called Idea, whych is lyke a sweete whyte Rose, & a fewe whyte Roses, Hony, and whyte Wyne, and the Alum whych is called Alum Glasse, let all these be dystilled together.

A good Water dystilled of a Molewarpe, for all kynde of Goutes, or Dropsies, noli me tangere, Scalles of the head, Saucie face, and the Wolfe. If you wyll haue a Water wythout dystilling, quickely to washe your Legges, or Feete, to make your sayd water to smell well. Set a vessell of running or conduit water on ẏ Fyre, seeth it well, and put into it the flowers of Lauendula, or Lauender, and mutch rather of that, whych is commonly called Spike, both greene, and dry Bayes, Basell, Sage, Fenel. &c. and so washe at nyght: put cleane running or Conducte water, & whyte Wyne into a vessel wel stopped, and set it in the Sunne, putting in Lauẽder, Spike, and Cloues, that they may make sweete the sayde Water, and Wyne wyth theyr smell, but yet if the Lauender be greene and moyste, it wyll turne the Wyne almost into Vinegar whych if it bee dry, it doth not so. The Lyquor shall bee made the more smelling, if the Flowers be dryed in the Sunne, in a Glasse closed, & afterward whyte Wyne to be put into it. If so be it, a man desyre to haue a sweete water forthwyth, by and by, let hym put a drop of Oyle of Spyke vnto a good deale of pure Well, or Conduite water, and chafe it together, in a glasse wyth a narrow mouth, although thys be made wythout dystillation, the same notwythstanding, being tyght dystilled in the Sunne, specially if certayne other thyngs bee myxt wyth it as Muske, Ambre, Ciuet, Caphura, or meaner thynges, as Styrax, and Stacte, Myrhe, or any other Spyces, chiefly Cloues, or els thyngs of lesse estymacion, as Roses, the Barkes, Flowers, or Leaues of Drynges, Lymons, Bay leaues, common sweete Herbes, Rosemary. Margerum, Bazill. &c. it shalbe made mutch the sweeter. But if you will haue a very pleasaunt water, take. ℥. ß. of good Muske beaten in two. l'. of Rose water, put in the belly of a Glasse Still, and distill it, by little and

How to make sweete water wythout stilling, good for to washe the feete, or for Barbers.

little,

little, then put it in a Glasse well stopt, wyth Ambergrice. ʒ. i. it is a Water merueylous sweete, and conuenient for fyne Persons, that their clothes may be syrynkled there with: put. ʒ. ß. of good Saffron, in. l'. ij. of Rose-water (for the space of one day) and dystyll it, thys water is holsome to be mixt wyth Medicines: also for smell, and garnishing, put. ʒ. ß. of Cloues beaten, in a pounde and a halfe of Rose water. 24. houres, and distyll it, dystill Campher. ʒ. i. wyth a pounde of Rose water, and vse it in medicines, for Noble persons. After the same manner is Rose water, made wyth Saunders, and other spices (sweete smelling) what so euer a man wyll, some distill al thys in pure Water, in steede of Rose water, three leaued herbe, an herbe very sweete of sauour, whych they dystill for Perfumes and to make Dyuers other prety sweet Sauours. The Monkes of Mesuen, make a water of sweete sauour, where wyth the head heart, and stomacke are reuiued.

A pleasaunt sweete Water

℞. Four handful of the flowers of Lauendula, Roses whyte, and red, of eyther two handfull, Rosemary, Cloues, newe and freshe Ciperus, of euery one a handfull, Mynte, Sage, Tyme, Bayleaues, or Penerоyal of euery one halfe a handfull. ʒ. iiij. of Cloues, Galingal, Nucis Mosch, Calamus Aromaticus, Ginger, Cinamon, of Flowerdeluce, of euerye one. ʒ. ß. fyue pounds of whyte Wyne (asmuch as shal suffyce) when they are brayde and beaten in a Morter, let them bee put into a Glasse, wel closed, for the space of eyght dayes, afterward vse them, as occasion shall serue: it is excellent to washe the handes, if you myxe a lyttle of it, wyth a greate deale of pure water. A man may vse it also dystilled, and put in. ə. i. of Muske. Epiphanius Empericus, wryteth an other of the same mans, delectable, wyth a merueylous sweeteneſſe of sauour: Ciuet, Muske, of eyther. ʒ. i. let it be tyed in a fyne lynnen cloth, and let it be set to soake in. l'. ij. of Rose water, a fewe dayes in the Sunne.

The Monkes, water for correction of the flesh, better than holy water, and more costly.

An other of the same Epiphanius, of a very sweete sauour: Bazill, Mynt, Marierum, Flowerdeluce, Hysop, Sauery, Sage, Melissa called Baulme, Lauender, Rosemary, of euery one half a handful, Cloues, Cinamon, Nutmegges, the Pomecitron, of yellow couler, three or four, let them bee beaten, and set three dayes in Rose water, then let them bee dystilled wyth a slow fyre: when the destillacion is finished, put to. ə. i. of Muske, and set it in the Sunne: you may adde Ambergrice. ə. ß.

An other of ỹ same Epiphanius, of moſt excellent sauour. ℞. Three pouns of Rosewater, Cloues, Cinamon, Saunders. ana. ʒ. vj. two handful of the Flowers of Lauender. ʒ. vj. of Assa dulcis, Malmsey, Aqua vitæ. ʒ. ij. let it stand a moneth to styll in the Sunne, well cloased in a Glasse, or vpon the top of a Furneyce: then dystil it in Balneo Mariæ, and ad. ʒ i. ß. of Muske to the dystillation, then let it stande tenne dayes in the Sunne, or aboue the Furneyce, and so vse it. It is a marueylous pleasaunte Lyquor in sauour, a water of a wonderous sweeteneſſe, for the perfuming the sheetes of a Bed, whereby the whole place, shall haue a moſte pleasaunte sent: put into a little Vyall of Glasse. xviij. or xx. Graynes of Muske, a Ciuet

Sweete water for linnen.

and a little of Ambergrice, after filled ful of Rosewater, set it ouer the fire, and when it is hoate, take it away, then let it stand to coole, well closed, after you haue done let it stand two dayes, you may vse it from thence forewarde, it is as good as though it were distilled: when thou wylt perfume thy Napkins, or other linnen, put it in a vessell with a wyde mouth, & spred the clothes vpon it boyling, and that they may dryncke vp the vapor and byeth of it.

Agalam, or Agalugum, is the wood of Aloes.

An other maner of sweete water, is called the water of the casting glasse: put into some little vessel of Siluer, a litle Rosewater made with Muske, and a lyttle Ciuet, and Cloues, Agalam, Styrax calamita, when they are all pound agaynst a fire, mixe them, and perfume any clothes with the vapour or smoke thereof, it is a marueilous sweete sauour, if thou wilt keepe close the vessell diligently, and when thou thinkest good, put more Rose water vnto it, that it may be renewed.

An other. Thou shalt put into fower poundes of Rosewater, Assa dulcis, somewhat grose beaten, Styrax, and Cloues, Camphire, Agalam, of euery sorte. ʒ.i. Muske, Ciuet, of either of them ℈.xx. put these together in a glasse shut wyth a Parchement, pyrckt through with ten or twelue smal hoales, and let the vessell boyle fower howers in a kettell, full of cleane water, as though it were in Balneo Mariæ, after when it is colde, straine it throughe a fyne linnen cloth, and keepe it in a Glasse, in the whych Graynes .xii. of Muske shalbe put, whych beyng moysted, and steeped with Water, thou shalt stop the Glasse, and set it in the Sunne .viii. dayes, so shalt thou haue a wonderfull well smellyng water, a sweete water, and a secrete, whereof one part myxte wyth ten partes of pure Water, maketh the whole moste sweete: Graynes .xx. or there about of Muske, as the smell thereof pleaseth the more, or lesse, Nutmegges, Cloues, Galingall, Spicknard, Graynes of Paradise, Mace, Cinamom, of euery ana. ʒ.i. all these beaten in a Morter, let them be put into a Glasse, fyt to distille in, with Rose Water l'.i.ß. powred vnto it, let it stand so, for the space of fower or fiue Dayes, afterwarde put to it thryse asmutch of Rose Water, and destille all this in a Limbecke, set in a kettell full of water sethyng, as in Balneo Mariæ. thou shalt keepe the water gathered together, diligently stopped for the same purpose aforesaid, that the former serueth for.

There be .ii. kindes of this Assa, one is called Assa fœtida, or Diuels dunge, & other is called Assa dulcis, which commeth from Syria, and is also named Syrenaicus liquor, or the iuice of Lasarpitium.

An other excellent water, two pound of the water, of the flowers of Citri, one pound of the water of red Roses, of Myrtes l'.ß. of Muske Roses a good quantity, and lykewyse of the flowers, of Cloues, ana. ʒ.ß. of Assa dulcis, ʒ.iii. well beaten ana. ʒ.i. of Stirax Calamita, and red Styrax, ana. ʒ.ß. all these stamped, and mixte with water, thou shalt distille them in a Glasen Limbecke, the head and the receyuer diligently closed with clay. with a soft fyre, or in a Balneo Mariæ, or in a kettell of sethyng water: a Water of most sweete sauour, with the whych Oyle is stilled also, the last water being mixte, with a hundred tymes asmutch of pure Water, doeth sauour wt the sweetenes thereof, so is this folowyng of greater Vertue, healthe, and sweetenes.

Take a pounde of Myrrhe chosen, pure, new and fat, beaten into small pieces,

pieces, halfe a pound of the iuice of Roses, when they are myngled together in a Limbecke, let them be distilled in asshes: where fyrst thou shalt seperate the water, with a slow fyre: then make the Fier bigger, and seperate the Oyle: and at last deuyde the water from the Oyle. It maketh the Face bryght, it closeth wounds effectually, as well olde as newe, the oyle is most precious, and doeth the same thynges that the water doeth, but mutch soner, as for example: it doth that in a hower that the water is about in. xxiiii. one vnce of this water distilled, mixt with a pottell of pure water, it doeth the same.

A water incomperable, for the singuler goodnesse of the most excellent vertue thereof.

A goodly Rose water made with Muske, whych is requyred, and vsed also in other compositions, put. ℈. xii. or moze of Muske, and. ℈. xvii. of Amber grice.

Sicknes.

THese wafers be very pleasaunt and profitable, but waters to make a man sleepe were comfortable, I pray you say somewhat of them.

Of sleeping waters.

Health.

IF you wyll cause one to sleepe, then doe thus as foloweth: Take. ℥. ii. of Henbane. ℥. i. of the rootes of Mandragora. ℥. vi. of Popie, Lettyce. Ozpin, Housleke, ana. ℥. ii. the water Lillie one handfull, when they are beaten, let them be put in two pound of water of Popie, vñ. ℥. i. ℔. of the seede of Darnell. for the space of two dayes, and let them bee stilled, and this is perfect.

To cause rest and sleepe.

An other causing sleepe Take the seede of Darnell. ℔. i. of the seede of Henbane. ℔. i. ii. of the seedes of Purslen. ℥. iii. of the seede, or roote of Mandrag, as mutch of Alkakengi, when they are beaten, powze to them ℔. i. of the iuice of Beanes, as mutch of the rootes, or leaues of Henbane ℔. ℔. of the iuice of the leaues of blacke Poppe, minister. ℥. i. of thys water, when it is distilled, it is behement, and of great vertue.

A goodly water for the stone, if it helpeth the palsie and falling sickenesse.

A water for the stone, made by *Aegidius*, bicause it breaketh the Stone, R. the seede of Pimpernell, Parsley, Smalage. Cokowpzyche, Mustardseede, Burres, Wasticke, of euery one lyke mutch, when they are wel beatē let them be myxte wyth the bloud of a hee Goate, and a lytle Vinegar poured to it, let them stand a few dayes in a Vessell well closed, and then at the last let them be well stilled: it is good for them that be troubled wyth the stone, what manner of stone so euer it bee, red, whyte, sharpe or playne, if so be it the stone be confyrmed, and gathered to some strayght, let the pacyent drynke of thys water euery day, for so shall it bee broken and brought into Sande: if so be scabbed heades bee washed once a day with this water, they shalbe made hoale, and new hayre shall sprynge, and the Scabbes shal be cured within nyne dayes (otherwyse any kynde of Scabbes washt therewyth are made whole wythin three or fower dayes) if it be dronke fastyng, it maketh good Bloud, and good colour (more than any other Medicine) marueilously it maketh strong the sinewes, & taketh away ỹ falling

sickenes, if it be dronke twyse a day, otherwyse it is added: it healeth cleane the Palsie, if it bee not deade and ranycated in the members. Thus sayth Aegidius, and Lullus, wyth other learned Clarkes. Also. R. Caudæ equinæ, Plãtaine, red Roses, the graines of Alkakengi, the rootes of holy Oke, shauen or scraped Liquorice, of euery one. ʒ.i. Juniper Sebestẽ, of eyther of them. ʒ.vi Bolearmoniake, ʒ.ß. Cummen seede, the great cold seedes clensed, of euery one. ʒ.iiii. the seedes of whyte Popie. ʒ vi. ʒ.ß. of Quinces, or the thynnest of Goates mylke, l'. vi. let them stand two dayes in the infusion, and after let them be distilled, gyue the sycke pacyent to dronke, ʒ. iiii. warme, so longe as the disease continueth Epiphanius Empericus.

An other water composed of Aegidius, and it is commended of Lullus, of waters, R. Rue, Satyrion! with the handes. and Satyrion with ỹ stones, Agrimonie, Chelidonie, Sugar, and the stone called Calaminaris all of one wayght, and beate them in a Morter, it must be distilled with a slow fyre: this water excelleth in vertues, no disease of the eyes is so dull or dim, or great, but it wyll vanysh away, and gyue place to thys medicine: beyng dronke, it dryueth away all poysone, or taken with meates, for so it auoydeth the poysone by vomites, it cureth the Dropsy, it purgeth the stomacke from all euyll humours, it quencheth sainct Anthonyes fyre in one day, if Flare dipte in it, be layed vpon the sore: it is good also agaynst the fyre of a blacke Melancholy, and whyte apostume wythout the Fyre, but if it appeare red without, it shall in no wyse be conuenient, to lay on a plaster. It also healeth the Canker, if Aloes be myxte wyth it, and a lyttle Towe or Flare dipte in it, and layed lyke a plaster vpon it twyse a day: this is a precyouse medicine, and neuer fayleth.

Sacer ignis.

Sicknes.

THese be excellent waters. Be there any good waters agaynst the falyng syckenes, and resolucion of the sinewes and, Feuers? I pray you tell me them.

Health.

HEre after I wyll shew thee goodly Waters, for the same purpose, as solow. Take Hysope, Penetiall, Cloues, Cicory, ana. ʒ.i. let them be beaten in a Morter, and distilled in Sage water. l'. vi. afterward take the stone Tutia, Perselye, Rue, Setwall, Aloes, and the stone called Calaminaris, ana. ʒ.i. and Valerian. ʒ. vi. when they are beaten in a Morter, seeth them in the foresayed water, tyll the thyrd part be consumed, and the liquor strayned wyth a cloth, thou shalt keepe in a Glasse, diligently closed nine daies, afterward let it be gyuen in drynk, euery day in the morning before day (by the space of ten dayes) to the sycke pacyent fastyng, it is profytable agaynst the fallyng sickenes. If he that taketh it, continue fastyng after it fiue howers. And truely it is a most effectuall remedy, it healeth all resolucions of the sinewes, and the members are strengthned thereby, if it be dronke wyth Castorium: it is good agaynst all Goutes, whych haue not taken Roote yet in the members, if it be dronke nyne dayes together fasting, it putteth away all maner of agues, what matter so euer they come of, if it

A goodly water for feuers.

be dronke

bee dzunke Nyne dayes, euery mozning earely. Thys Water is also most pzofitable to washe Woundes, in whych the Synewes are cut. generall.

An other of Ægidius, the nynth in number, otherwyse they call it Double: the seede of Smalage, ỹ seede of white Poppy, Ginger, Sugar, Cloues ana. equall wayght, beaten in a Mozter, put to it water (that is dystilled of Persely) and dystill it: this is the chiefest remeady foz the cough, & breast payned, if a man dzynke it cold in the mozning fasting, and in the euening as hoat as he can: If it be dzunk hoat wyth Castozium, it is good against the disease called Apoplexia: it healeth also the members sycke of the Palsy, if so be the Palsy be not deade in the members: it bzyngeth sleepe and rest easely, it cherisheth all the members, it dzyueth away euill humoures, and strengthneth the Head and the Bzayne. Another Water of Ægidius. Water against the Palsy, & to helpe the Bzayne.

An other amongest Ægidius waters: Gladiolus, Hysope, Sauine, Sothernewood, oz the seede of Sothernewood, leauing out Sauine, of euery one lyke quantity, beat them together, & let them stand certayne dayes, then dystil it. Thys water is of great strength, it wythstandeth all Agues, both hoat and colde: it pzouoketh Womens termes, if it be dzunk thyse: but it is hurtful to Women wythe chylde, it stancheth the bloudy flixe, and other flixes: It killeth wozmes, being dzunke fasting. It cureth al ỹ griefe, whych wyth Beuers stones healeth the Palsy (if it be dzunke dayly very heat) wythin thzee dayes: the same description is founde in the Booke of Lullus of waters most excellent. A water to be vsed wyth discretion. There bee sõe that vse thys water to purge.

Here after followeth a very good water. Take a Weather, that is all whyte, and fat fed in a good pasture, and well lyking, cut his thzoate, receyue his bloud, and stirre it while it is freshe and new, a good tyme, with a sticke of red Juneper, and euer in the stirryng cast away the lumpes, that are gathered of the bloud, then cast in the shauinges of the same Juniper, and the berries of Juniper that be red, to the number of. xvb. and to this put a little, Agrimony, Rue, Ualerian, Scabious and Veronica, commõly so called, Pimpernell, Cicozy, Peneroyall. ana. if so be it, the measures of the bloud exceede thzee quarters, thẽ put into it. ℥. iij. of Triacle of Jeane: but if it be lesse, according to the pozcion of the bloud thou shalt make lesse the measure of the Triacle. They must all be pzepared ready at hand, that they may be put into the bloud, whyle it is yet warme: when they are all mixt, dzaw out a stilled liquoz, which thou shalt keepe diligently in a glasse, and set it in the Sunne eyght dayes, foz it will endure twenty yeres, it is knowen by experience, that this liquoze is excellent, and good agaynst the Pestilence, the impostumes of the head, the sides, oz ribbes, oz agaynst the diseases of the Liuer, and Lightes, the inflacion of the Spleene, corrupte bloud, agues, swellings, tremblynges of the Heart, the dzopsye, vnnaturall heates, ill humours, and chiefly agaynst poysone, and the Pestilent Ague. The sicke paciente that is taken wyth any of the fozesayed diseases, shall dzynke a Sponefull, oz fower oz fiue, and pzocure hymselfe to sweate, and shall be healed within hys sycke body. Distill thys bloud, & keepe it close. An excellente liquoz against the pestylence and many other diseases.

Sicknes.

What are composed waters, I would gladly learne them?

Health.

Health.

THey are to bee called composed waters, that are distilled of medicines composed, and steeped in Wyne, Aqua vitæ, or other liquore: certayn compositions of spices and herbes, to restore the strength of the heart, and the spirites, are mixte wyth waters of Capons, dryst by distillacions, accordingly: also wyth burninge Waters, or called Quintessence of Wyne, agaynst the Pestilence, and poysons, as we declared before, but also hoat medicines Electuaries, chiefly in the wyhych Diacridium, and other vehement thinges hurtfull to the stomacke, are receyued, mixte wyth the Liquores, specially wyth burning water rectified, or wyth Wyne (sometyme also wyth Wilke, and Wyne, or wyth Whaye: also in hoat natures & Dyseases, it should do well) and sometime let stande in infusion, or soakynge, they are artificially distilled, that they may be geuen to drynk to them that are weake or feeble, or as they call them dayntye, or haue theyr Stomackes abhorring agaynst other medicines, which Lullus also prayseth greatly, and certayne Practicioners of Antiquity haue vsed it wyth prayse, and commendacion.

What compo=sed waters be

Sickne

I would learne to make Quintessence of Antimonie, if it would please you to shewe mee?

Health.

QVintessence of Antimonie, is thus made: incorporate, and mingle the pouder of *Antimonie*, most fynely beaten, wyth most sharpe white Vinegar distilled, and let it stand vntill the vinegar be turned into a very red couller, then pour thys Vinegar out, and keepe it. And in a cleue bicker, put other dystilled Vinegar, vpon the *Antimonium*, and let it ouer a little fyre till the Vinegar be coulered, this shall you chaunge so oft, till the Vinegar will be coulered no more, and so much of the Vinegar as is coulered, thou shalt distill it in a Limbecke in Asshes: hyst the Vinegar it selfe wyll run out, after thys, thou shalt see a matter issue forth of sundry coullers, and thys is that Quintessence, wyhych is called of the Philosophers, the Philosophers Leade and of some called Virgines Wilke (it differeth not wythstanding from it) it is almost like blessed Oyle in couler: put this in a Pellican to bee circulated by the space of Forty dayes, it dryeth vppe Woundes, and it is profitable for all Woundes, in steede of Balme, for it cureth all the sayde Woundes easely, and quickely: it is marueylous good for all Impostumes, and Quintessence is extracted, and drawen out of whyte Leade, after the same maner, as out of Antimonie, powringe distilled Vinegar vpon it, that the Vynegar be ouer it foure fingers deepe, afterward let it bee digested in a Dunghill, as it is vsed in Quintessence of Hearbes, and Flowers, then let it bee distilled and fyrste yee shall see the Vynegar it selfe ascende vp, after that a Lyquore lyke vnto Oyle, and also this is called Oyle of Leade, or Quintessence of Leade, and it hath in it a certayne sweetnesse, lyke as the Oyle of Antimonie; it is good agaynst all burnings with fyre, a hoat water, as also against Itches, as Ringwormes, and Chollerike bladders, but a man must note that the white Leade ought fyrst

Antimonium is called Stibii, or a stone bright, & shyning found among syluer: this stone doth clense the Eyes.

Philosophers Lead.

¶ water that dryeth vp Woundes and healeth theym

fyrst to bee washed often wyth water of Roses, dryuing it through a lynnen clothe, vntyll none of the pouder of the whyte Leade remayne in it, then when it is dryed, reserue it to your vses. So doth Bulbasus, and Ioan of Iayncf Amandus, vpon the Antidotarie of Io. Mesue, wyll to bee done: Of the drawing forth of quintessence, out of diuers mettalles, as Gold, Siluer, Lead, Tynne, Vitriol, or Copporas, Iron, Coper, Brymstone, red Orpemēt, yellow Ocker, Antimonie, & Marchasita Leaden, who so listeth, let him reade in Lullus, in hys booke of Quintessence: the spiryte of Quintessence, or Vitriol is commended of certayne Men agaynst the falling Sycknesse, and Apoplexia, or the benumming of the Senses. The spiryte of Golde, agaynst ỹ Dyseases of the Lyuer, the spiryt of Bitral, agaynst the stone of ỹ Raynes, and Bladder.

Quintessene is drawne out of many meates.

Sicknes.

How make you Aqua vitæ, after mayster Raimundus Lullus: whych was a man most excellent in Waters?

Health.

HEe in hys dayes, dyd make the Water of Lyfe, called Aqua vitæ of incomperable goodnesse. Many he vsed to still hys Waters, both symple and compounded: many tymes to make them more heauenly or pure. But to the matter, of making this Aqua vitæ.

Raymonde Lullus flo rished, anno. 1322. he was a Spantard.

Take an herbe called wylde Myrte, lyke Butchers Broome, Asparagus, called Sperage, Rapes, Persily, the Sea thystle called Eryngium, Mayden hayre, Grumill called Grana Solis, Cichory, Endiue, and wylde Carrets, Fenill rootes. ana. of lyke quantity, cut or brayed grosly, and styll them with your wyne, vppon a softe Fyre. Thys Water wyll breake the stone, and make mutch Vryne.

His water for the stone.

Here followeth an other. Take Nutmegges, the roote called Doronike, which the Apothicaries haue, Setwall, Galangall, Mastike, long Peper, the barke of Pomecitron, or Mellon, Sage, Bazell, Margerum, Dill, Spicknard, wood of Aloes, Cubebe, Cardamon called grayncs of Paradise, Lauender, Pentroyall, Mintes, sweete Calamus, Germander, Enulacampana, Rosemary, Stichados, Squinance of eche lyke quantity, Saffron. ʒ. i. & the bone of a Hartes heart grated, cut, and stamped: but beate your spyces grosly in a Morter. Put in Ambergrice, Muske. ana. ʒ. ß. distill thys in a common symple Aqua vitæ. made wyth strong ale, or Sackeleyes, and Anisseedes: not in a common Styll. but in a Serpentine: to tell the vertue of thys Water, agaynst cold, Wynde, Phlegme, Dropsy, and heauines of Wynde, comming of Melancholy. I cannot wel at thys present, the excellent vertues thereof, are sutch, and also the time were to long.

Another precious Water.

Sicknes.

How make you a Water that wyll kill the Canker, and heale the place, whereas the sayd Canker hath beene?

Health.

MAny good Men and Women wythin thys Realme, haue dyuers, and sundry Medicines for the Canker, and do help theyr Neyghboures that bee in Perill and Daunger, whych bee not onelye Poore, and Needy, hauinge no Money to spende in Chirurgi: But some

some do dwell where no Chirurgians be neere at hand: in such cases, as I haue seyd, many good Gentlemen and Ladyes, haue done no small pleasure, to poore people: as that excellent Knyght, and worthy learned Man, Syr Thomas Eliot, whose workes be immortall. Syr Philip Parris of Cambridge Shyre, whose Cures deserue prayse. Syr VVilliam Gaiscoigne of Worke shyre. that helped many soare Eyen: And the Lady Tailor of Huntingdon shyre, and the Lady Darrell of Kent, had many precious Medicines, to comforte the sight, and to heale woundes wythall, and were well seene in herbes.

Syr Thomas Eliot. Sir Philip Parris. Sir Wylliam Gaiscoigne,

The common wealth hath great want of theym, and of theyr Medicines: whych if they had come into my handes, they should not haue bin wrytten on the backside of my booke. Among al other there was a knight, a man of great worshyp, a Godly hurtlesse gentleman, whych is departed thys Lyfe: hys name is Syr Anthony Heueningham. Thys Gentleman learned a Water to kyll a Canker of hys owne Mother, whych he vsed all hys Lyfe, to the greate helpe of many Men, Women, and Chyldren: hee had also a Salue, for sundry greene Woundes. But bycause I haue not the coppy thereof, I wyl make report, but only of ỳ Water, whych I am assured be vsed, & it is not mutch vnlyke a water for the Canker, which Andreas Furnerius the Frenchman, dyd make of a great vertue, & thus it followeth.

Syr Anthony Heueningham of Heningham in Suffolke his medicine agaynst the Canker.

Take doues foote, an herbe so named, Arkangell, Iuy wyth the Berries, young red Bryer toppes, and leaues, whyte Roses, theyr leaues, & Buds, red Sage, Selandyne, and Woodbynde, of eche lyke quantity, cut or chopped, and put into pure cleane whyte Wyne, and clarified Hony. Then breake into it Alum glasse, and put in a little of the pouder of Aloes Hepatica, & destill these together softly in a Limbecke of Glasse, or pure Tinne, if not, then in a Limbecke, wherein Aqua vitæ is made. Keepe this water close, it will not onely kyll the Canker, if it be dayly washed therewyth: but also two droppes dayly put into the Eye, wyll sharp the syght, and breake the pearle and spottes, specially if it be dropped in, wyth a little Fenell water, and close the Eye after.

Sickenes

Many Men, Women, and Chyldren, now a dayes, bee greeuously vexed wyth a shamefull disease, called the Frenche Pockes, paynes in theyr Joynts, no rest, paleness of couller, falling of hayre, baldnesse of Heade and Bearde, lamenesse of Limmes, Skabs, filthe. &c. in such cases what is to bee done, I pray you tell me, gentle Health, for this Sickenesse wareth common, but yet it woulde fayne bee called, but onely a Feuer.

Health.

A treatise of the Pockes.

Many Men haue written mutch of thys Pockes, after sundry sortes, and dyuers wayes, & haue killed not a fewe with long Diets, but I wyll speake ỳ, whych I do know, haue prooued and seene, to haue helped very many. Yet would I not, that any should fyshe for thys dysease, or to be bolde when he is bitten, to thynke hereby to be helped: but rather eschue the cause of thys infirmity, and filthy, rotten, burning of Harlots. &c. As to fly from ỳ Pestylence, or

lence, or from a wylde fyre, for what is more to be abhorred, than a pocky, fylthy, stynkinge Carcasse? But if through blynde Ignorannce, sodayne chaunce &c. any haue gotten it: then do thus to be deliuered from it.

A treatice of the Pockes.

Fyrst, yee shall prouyde that the sicke body, haue a close chamber out of all grosse ayre, and cleane warme garments, both for the body, and Legs, and at rysing, and going to Bed, a fyre of Charcoales, for wood is not holsome for smoaking, also they must not be troubled with any thing to bring them out of patience, for that corrupteth the bloud, whych must be newe altered: also the sicke body must eate but litle meate, and that kynde of meate as shall hereafter be prescribed, and at such time as shalbe appoynted, and let the sicke body vse playing of some Instrumentes, or here some playing, or tell merry tales, and haue no company of Women, for that is a most daungerous poyson for the healthy of any person in that case.

Three notable thinges to be obserued in this Guaicū drynk, and the Diet in the tyme of sickenesse.

Secondly, yee must prepare two Brasse Pottes, or els Iron, one being iiij. Gallons, the other. vj. Gallons, one for strong drynk, the other for smal drink, also yee must haue close couers to them of brasse or Iron, yee must also prepare good earthen vessels with close couers to keepe your drink in of both sortes by them selues. Also yee must haue a strayner of a Searce clothe, to straine your drynk after it is decocte: Instrumentes to take out dead flesshe, and to search a soare, and a syring to clense any soare being deepe with the same drynk. Also yee must haue a woodden vessell to bathe the sicke body in, at such tymes as hereafter shalbe appoynted. Also yee must prepare cleane clothes, to dry the sick body after a sweate, being warmed well fyrst: other Instrumentes yee shall neede none, but only your wood raped small, or turned, & the Barke of the wood pounded in a Morter, and the drugges also small, and your Water whych yee shall decoct, the same must bee of a Cundite, or running Brooke, very cleane wythoue any kinde of filthe. Chalke water is good.

Although the pockes bee most vncleane yet to heale the same, requireth cleanlinesse as much as medicine.

Thyrdly, for your strong drynk, yee must take your Pot of. iiij. Gallons and set him one a soft fyre of coales, with. iiij. Gallons of the fayre running Water, then put into the same one pounde and a halfe of your wood small Raped, or Turned at the Turners, but when you do buy your wood, see it be not olde, and lacke moisture, the tryall is best, take a little coale burning and lay it on the Blocke, before it be raped, and if it be good it wil boyle vp on euery syde of the coale, lyke Myre, then put thereto. ℥. j. or a little more of the barke of the same wood, made in small pouder, then take a quarter of a pounde of Cummen seedes put whole into the same, & one halfe quarter of an ounce of Radix, and Rubarb, and then stop your Pot fast, and lay Paste about the Couer, and so fast, that no ayre come out, then seeth it on a soft fyre, but euer keepe it boyling, & let it boyle at the least. viij. houres, then set it by, and vnstop it not vntill it be colde, then take your Searce, and straine it into a fayre Earthen Pot, and couer it close: the sicke body must drynk of this but one draught leuke warme in the morning, and one other at nyght.

Howe to proue good Guaicum.

Soft fire maketh sweete Malte, and like dothmake good Guaicū drynke.

Fourthly, you must take your Pot of. vj. Gallons, and put in it. vj. Gallons of running water, and one pounde of the wood raped, and a quarter of Cummen seedes, and decockte it in all kinde of thing, euen as the other,

Fourth rule.

being close stopped, and when it is cold straine it into an earthen vessell, or Vessels: and that must the partye drynke at meale, & at all other tymes when he list to drinke, and spare not but draw it by.

Fifth rule. Fiftly, the sicke body must be kept very warme, and not ryse out of Bed before. viii. of the Clocke, and then eate a dosen or twenty Raisons of the Sunne, and no bread, and about a leauen of the clocke, let the sicke Body eate a little meate as may suffice nature, and what meate, it shalbee hereafter shewed, then let the sicke body walke some whyles in hys Chamber, or reade some Booke, or play on Instruments to keepe him from sleeping, then at. vi. of the clocke, a dosen of Raisons of the Sunne, and nothing els but his draught of stronge drinke warmed at vi. a clocke in the Morning. and at euenyng at eight.

Note also, that Guaicum is good to clense the Guaicum Water wyth]

Sixt rule Sixtly, Geue to the Patient to eate these meates folowing, Chicken Partrige, Fesante, Henne, Capon, Rabette, Conie, Veale, Mutton, and none other, nor any Salt, nor leauened bread, nor Rie bread, and very seldome rosted, but boyled in water, and no broth, nor porrage, nor any kind of sauces if the sicke body haue roste, let it be but euery third meale, and no kynde of Fish, Milke, or fructes, Raysons excepted.

Seuenth rule Seuenthly, once in. iii. daies, for the first. ix. daies in the morning let the sick body drink a good draught of ỳ strong drynke somthing warme, and then lay very many clothes on him tyl he sweat, for ỳ space of two howers, then ease some of the clothes, and haue warmed linnen clothes, and rubbe all the body dry or he rise. if he haue any sores that bee deepe, washe the sore with the stronge drynke, and with a syring, and dippe a little cloath in the stronge drynke, and lay it to the sore, whether it be sores or knobbes.

Eight rule Eightly after. ix. or. x dayes be past, once in three dayes let the sicke bodye bee bathed on this sort. Set fayre running water on the fyre, and put therto a great deale of ground Iuie leaues, and red Sage and Fenell also, and by a good fyre when the sicke body is going to Bed, put the Water and herbes into a vessell of wood, and let the sicke Body stand vpryght in it, by the fyre, and take vp the herbes and rubbe the body of the sicke Patient downe wardes, and then dry him with warme cloathes, vse this. iii. weekes, and by the grace of God the sicke body shalbe made whole, what soeuer hee be, then if the party be very weake after. ix. or. x. of the first daies, let him eate euery day at. iiii. of the clocke at after noone, a new layd Egge poched in fayre water, and as mutch new bread as will suffice nature, and a lytle cleane wine: reade further in the place of Guaicum for the Pox, wherein as is shewed greater secretes. And for this that few men are to be compared in worthines and knowledge to Thomas Glandfield a cunning Chirurgian of London.

Thomas Glanfield.

Sicknes.

Now I pray you maister Health make a brief rehersal of the Compoundes, and shortly of their names, & to what sicknes they be aplied vnto.

Health.

That I shall gladly, and first I wil begyn as foloweth: wherefore they do serue, prayng thee to be contented to read them, & marke thē diligently: and also of the cōmon seedes, cold & hoat, of ointments, &c

Aurea

The Table of Compoundes.

Vrea Alexandrina.
Mythridatum.
Syrupus de Bizantijs.
Trochiſci diarhodon.
Pilles of Agarike. &c.

¶ **Agaynſt Tertian Agues.**
Aurea Alexandrina.
Oxyſaccharum ſimplex.
Syrupus de aceroſa ſimplex.
Syrupe of tarte Pomgranets
Syrupus de Bizantijs.

Agaynſte Quarten Agues.
Antidotum Aſincritum.
Diaſene.
Mythridatum Andromachi.
Oxyſaccharum.
Vnguentum aregon.

Agaynſt hoat burning Agues.
Syrupe of Violets
Diaprunum not laxatiue.
Decoctio communis.
Electuarium catholicum.
Mel Violatum.
Oxyſaccharum.
Syrupus de limonibus.
Trochiſci de camphora.
Vnguentum populeon.

Agaynſt agues cumming of dyuers humours.
Diaphœnicon.
Pilulæ Agregatiuæ.
Pilles of Rubarbe.
Trochiſci diarhodonis.

Agaynſt long agues of colde.
Diacurcuma.
Diacorallium magiſtrale.
Pilles of Reubarbe.
Syrupus de eupatorio.
Trochiſci de Rubarbaro.
Trochiſci de abſynthio.

The four great hoat ſeedes.
Aniſſeede.
Fenell ſeede.
Cummen ſeede, and Carowayes.

The four hoat, and leſſer ſeedes.
Ameum, Amomum, Smalage, Yellow Carrets.

The four great colde ſeedes.
Gourdes, Cucumers, Melons, Citrons.

The four colde and leſſer ſeedes.
Endiue, Chycory, Lettice, Purſeline,

The four hoat Oyntments.
Vnguentum Martiaton, Althea. Aragon, & Agrippa.
Vnguentum Althea.

The four colde Oyntments.
Vnguentum album,
Populeum, Reſumptiuum,
Citrinum.

The fiue common opening rootes.
Smalage. Fenell. Perſeily.
Sperage. Butchers Broume.
Kneholme.

The fiue waters whych doe comfort the heart.
Endiue, Succory, Scabiouſe,
Langdebeefe, Baulme.

The. viij. ſolutiue herbes.
Mallowes, Mercurie, Parietarie, Vyolets, Colewortes,
Holioke, *Acanthus*, Beetes.

Agaynſt Lienteria.
Aurea Alexandrina.
Theriaca Galeni.
Trochiſci diacorallion.
Trochiſci diambre.
Trochiſci de terra ſigillata.

Agaynſt biting of venimous Beaſtes.
Mythridatum.
Theriacá Galeni.
Oleum de Scorpionibus.

Agaynſt euill liking of the body.
Diacurcuma.
Diatragacantha frigida.
Diacameron,
Diaſatyrion.
Syrupus de eupatorio.
Oleum Seſaminum.
Trochiſci de Rubarbaro.

To aſwage payne in any outwarde part of the body comming of ache.
Emplaſtrum oxycroceum.
Oyle of Dill.
Oyle of Iuniper. &c.

Agaynſt inward diſeaſes.
Antidotum Aſincritum.
Aurea Alexandrina,
Mythridatum.

Agaynſt burning, and ſcalding.
Electuarium palmæ.
Oyle of Myrtes.
Vnguentum roſatum.
Oyle of Egges.
Oyle of water Lillies.

Agaynſt broofes.
Electuarium palmæ.
Vnguentum aureum.
Vnguentum potabile.

Agaynſt payne in the ſpitting.
Emplaſtrum ceroneum.
Lohoch de Pino.

Agaynſt belchyng of rawe humours.
Diagalanga.
Diatrion Pipereon.
Diatragacantha calida.
Lohoch ſanum.
Oximel ſcilliticum.
Syrupe of Calamintes.

Agaynſte payne in the Backe.
Pilulæ fœtidæ maiores.
Oleum de Cheiri.
Oleum Scorpionis.
Diacaſſia.

To drawe forth broken bones.
Emplaſtrum oxicroceum.
Emplaſtrū cõtra rupturas &c

To purge the Bladder of Grauell.
Antidotum Aſincritum.
Benedicta, lax.
Diacurcuma.
Oximel diureticum.

To aſwage payne in the Bladder.
Emplaſtrum de granis lauri.
Mythridatum Galeni.
Electuarium Dulcis.
Syrupe of Iuiubes.
Trochiſci de Alchachengi.
Oyle of ſweete Almondes.
Oleum Cheiri.

The Table of Compoundes.

Agaynst vlceratiõs in the Bladder.

Oximel scilliticum.
Trochisci de Alchachengi.

Agaynst the Cholicke.

Antidotum Asincritum.
Aurea Alexandrina.
Diaphœnicon.
Trochisci de Rosis.
Oyle of Camomill. &c.

Medicines to bee vsed after long and hoat agues.

Diarhodon abbatis.
Rosata nouella.

Agaynst the colde, and shaking in Agues.

Mithridatum Galeni.
Syrupe of sticados.
Trochisci de eupatorio.
Oyle of Dill.
Oyle of Sothernwood.

To cause an appetite.

Antidotum Asincritum.
Aromaticum Rosatum.
Mirabolanes simplex
Conserue of Quinces.
Syrupus de absinthio.
Electuarium confortatiuum.

To comforte a colde Brayne.

Electuarium de gemmis.
Aromaticum rosatum
Conserue of Gladian.
Theriaca Galeni.
Oyle of Maces.

To comfort a moyst Brayne

Conserue of Rosemary.
Diambre.
Diaprassion.
Diatragacantha calida.
Electuarium indi maioris.
Pilulæ alephangina.

To asswage payne of the Breaste.

Decoctio pectoralis.
Lohoch de Squilla.
Oleum de cheiri.
Vnguentum marciaton.
Syrupus de Hyssopo, &c.

Agaynst streightnesse of the Breast.

Confectio dulcis de moscho.
Conserue of Maydenhayre.
Diatragacantha calida.
Theriaca Galeni.
Vnguentum Martiaton.

Agaynst diseases of the Breast.

Diacameron.
Diatragacantha frigida
Syrupe of Horehounde.
Syrupe of Maydenhayre.
Galens cerote for ỳ stomach.

Corsaue bolonelle.

Triphera magna.
Electuarium de gemmis.

Agaynste gnawing in the Belly.

Antidotum Asincritum.
Mithridatum.

To keepe the body strouge.

Pilulæ lucis maiores.
Rosata nouella.
Syrupus ex infusione rosarum.
Theriaca Galeni.
Diasatyrion.

Agaynst spitting of blonde.

Mithridatum Galeni.
Antidotum Asincritum.
Electuarium Indum Manu.
Emplastrum de granis Lauri.
Pilulæ aureæ.
Pilulæ Fœtida maiores.
Pilulæ sine quibus esse nolo.
Theriaca Galeni.

Agaynst olde Coughes of humoures.

Mythridatum.
Pilles of Agarike.
Pilulæ Bechitæ.
Lohoch de Pino.
Lohoch sanum.
Syrupe of Horehounde.
Syrupe of Mirtes.
Syrupe of Hysope.

Agaynst a dry Cough.

Iulep of Violets.
Syrupe of Liquerice.
Syrupe of Violets.
Syrupe of Poppy comp.
Syrupe of Iuiubes.

Agaynste the Cough of the Lunges.

Antidotum Asincritum.
Diatragacantha frigida.

Agaynst Coughes, which come of superfluous humours in ỳ stomach.

Aurea Alexandrina.
Diamargaritum calidum.
Diacameron.
Diacalamintha.
Diaireos.
Diapapauer.
Decoctio pectoralis.
Lohoch sanum.
Lohoch de pulmone Vulpis.
Syrupe of Calamintes.

Agaynst the Crampe.

Mythridatum.
Theriaca Galeni.
Syrupe of Sticados.
Oyle of Flowerdeluce.
Vnguetum martiatum magnũ.
Vnguentum Aregon,

Agaynst conuulsions.

Mithridatum Andromachi.
Theriaca Galeni.
Unguentum Aregon.
Vnguentum Martiatum.

Agaynst the consumption.

Asser.
Aurea Alexandrina.
Diamargaritum calidum.
Diacameron.
Diarhodon abbatis.
Diatragacantha frigida.
Mithridatum.
Triasandali.
Lohoch de pulmone Vulpis.

Agaynst the Canker, in any part of the body.

Confectio hamech.

Agaynst all Aches, and diseases of colde.

Oyle of Bay.
Oyle of Spike.
Oyle of Coste.
Oyle of Camomill.
Oyle of Flowerdelics.
Oyle of Roses.
Oyle of Masticke.
Oyle of Lillies.
Vnguentum Martiatum magnum.
Vnguentum Aragon.
Vnguentum de Althea.

Agaynst chiftes about the Fundament, or other places.

Oyle of Myrtes.
Pomatum.

The Table of the Compoundes.

Pomatum.

To deliuer Women of dead children.

Theriaca Galeni, &c.

To cause good coller

Antidotum Asincritum.
Electuarium de gemmis.
Oleum de Costo.
Trochisci Diarhodon.
Hiera picra Galeni.

To purge Choler.

Antidotum Asincritum.
Aromaticum rosatum.
Conditum Cotoneorum.
Confectio Hamech.
Diacurcuma.
Conserue of Langdebeefe.
Conserue of Borage.
Conserue of Maydenhayre.
Conserue of Succory.
Conserue of Sorell.
Oxysaccharum simplex.
Electuarium de rosis.
Electuarium de psillio.
Pilulæ sine quibus esse nolo.
Pilulæ de octo rebus.

For colde Complexions.

Diatragacantha frigida.
Syrupe of Endiue.
Trochisci de Rabarbaro.
Syrupus de acetositate citri.
Syrupus de succo acetosæ.
Syrupus comp. de Fumiterræ.
Syrupus acetosus comp.

To make good digestion.

Antidotum Asincritum.
Aromaticum rosatum.
Conditum coloneorum.
Diacuminum,
Diamber.
Diacalamintha.
Diatrion pipereon.
Mixa simplex.
Pilulæ ante cibum.
Oyle of Mintes.

Agaynst the Dropsie.

Diacameron.
Diacurcuma.
Emplastrum ceroneum.
Emplastrum de granis Lauri.
Pilulæ de Euphorbio.
Theriaca Galeni.
Trochisci de Eupatorio.
Trochisci de Rhabarbaro.
Syrupus de eupatorio.
Vnguentum Agrippæ.

To cleare the eye sight.

Diaprassium.
Pilulæ Cochiæ rasis.
Collirium album rasis.
Hiera picra Galeni.
Pilulæ sine quibus.
Pilulæ aureæ.
Pilulæ de octo generibus mirobalanorum.

Agaynst payne in the eyes.

Antidotum Asincritum.
Mithridatum androm.

Agaynst all maner of exulcerations.

Oyle of Violets.
Emplastrum de Ceruſa.
Theriaca Galeni.
Trocisci de alchachengi.

Agaynst deafnes and paines of the Eares.

Mithridatum andromachi.
Oyle of sweete Almondes.
Pilulæ sine quibus esse nolo.

Agaynst the fauling euill.

Antidotum Asincritum.
Aurea Alexandrina.
Confectio dulcis de moscho.
Syrupe of Sticados.
Theriaca Galeni.
Vnguentum Martiatum.

To purge phlegme.

Antidotum Asincritum.
Diacartami.
Confectio Hamech
Diatrion piperion.
Conserue of Rosemary.
Conserue of Gladian.
Conserue of Enulacampana
Mel Rosatum.
Pilulæ alephanginæ.
Pilulæ fœtidæ maiores
Pilles of Euphorbe.
Pilulæ de Sarcocolla.

To purge salt phlegme.

Syrupus comp. de Fumiterræ.

To make a beutifull, and a fayre face.

Oleum de tartare.
Pomatum.

Agaynst fluxes of the boop.

Antidotum Asincritum.
Diascoridion.
Mithridatum andromachi.
Mycleta.
Mixa simplex.
Oyle of Roses.
Syrupus de rosis siccis.
Syrupus de agresta.
Syrupus de Acetositate.
Syrupe of Mintes.

Agaynst the fluxe of meate vndigested.

Mithridatum.
Micleta.
Oyle of Mirtes.
Syrupe of Calamintes.
Trochisci Diacorallion.

Agaynst the bloudy flixe.

Diacodium Mesuæ.
Mithridatum.
Mycleta.
Trochisci diacorallion.

To prouoke ỹ mẽstruall termes.

Pilulæ de Bdellio.
Trochisci de terra Sigillata.

To stop the fluxe of a strong purgation.

Electuarium confortatiuũ sto.

Agaynst paleneſſe of the Face.

Hiera picra Galeni.

To cause newe flesh.

Vnguentum Apostolicum.

To consume dead flesh.

Vnguentum Apostolicum.
Vnguentum Ægyptiacum.

Agaynst aloe fistulayes.

Vnguentum Apostolicum.
Vnguentum Ægyptiam.

Agaynst the Goute of heate.

Electuarium de rosis.

The table of Compounides.

Pilulæ Arthriticæ.
Oyle of wormwood.
Oleum Lumbricorum.
Oleum Cherinum.

Agaynst the Gout of cold.

Benedicta laxatiua.
Electuarium indi Maioris.
Mithridatum.
Antidotum Asincritum.
Pilulæ Fetidæ maiores.
Oile of Baye.
Oile of Spike.
Oyle of Flowerdelice.
Oile of Mastike.
Oile of Euphorbe.
Vnguentum Martiaton.
Vnguentum Aregon.

Agaynste the Goute in the feete onely.

Antidotum Asincritum.
Benedicta laxat.
Mithridatum.
Pilulæ de quinque generibus myroba.
Pilulæ Fætidæ maiores.
Oleum Vulpinum.
Vnguentum martiaton.

Against gaulinges.

Emplastrum de Ceruſa.
Oile of Mirtes.

For Cliſters.

Diacasia fistula pro Cliſt.
Hiera picra Galeni

To comfort the harte.

Diacorallium magistrale.
Electuarium de gemmis.
Syrupus de acetosa.
Theriaca Galeni.
Trochisci de Gallia moschata.
Aromaticum rosatum.
Aromaticum gariophillatum.
Conserue of Roses
Diambre.
Diamargaritum calidum.
Diarbodon albatis.

To ingender heate in the inwarde partes.

Aromaticum gariophillatum.
Diacuminum.
Diambre.
Emplastrum stomachicum.
Oile of Rue.

Agaynst trembling of the harte.

Confectio de musco dulcis.
Electuarium de gemmis
Conserue of Borage.
Conserue of langdebiefe.

Agaynst heat of the hart

Iulep of Roses.
Iulep of Violets.
Syrupe of Violets.
Syrupe comp. of Endiue
Syrupus de infusione rosarum viridium.
Syrupus de succo acetosa.

Agaynst hoarsenes.

Decoctio pectoralis.
Lohoc sanum.
Oleum sesaminum.
Syrupe of Iuiubes.
Theriacum Galeni.

Against the Hickop.

Antidotum Asincritum
Syrupe of Mirrhe.

Agaynst falling of the Hayre.

Oile of Baye
Oile of Coste.

Agaynst ache in the hip.

Aurea Alexandrina.
Pilulæ fetidæ maiores.
Pilulæ de quinque generibus miroballa.
Oile of Bayes.
Oleum vulpinum.
Vnguentum martiaton.
Vnguentum aregenum.

Against al manner of hardnesse

Mithridatum
Oile of sweete Almondes.
Oile of Baye.
Oile of Mintes.
Oile of Holioke,
Oleum Sesaminum.
Oile of Flowerdelice.
Oile of Mastike.
Emplastrum diachilon album.
Emplastrum diachilon magnū
Emplastrum de mucilaginibus
Emplastrum de melilato
Emplastrum de oxycroceum.
Vnguentum apostolicum.
Vnguentum Marciaton.

To purge the head.

Pilulæ aureæ.
Pilulæ Cochiæ.

Agaynst old headache.

Antidotum asincritum.
Pilulæ Cochiæ Rasis.
Pilulæ agregatiue.

Against headache of heate.

Electuarium de Rosis.
Oile of Roses
Oile of water Lillies.
Oile of Poppie.
Vnguentum rosatum.

Against headache of cold

Mithridatum.
Aurea alexandrina.
Oile of Dill.
Oyle of Spike.
Oile of Flowerdelice,
Oleum de euphorbio.
Vnguentum Martiaton

Against the Hemicranes.

Mycleta.
Pilula de Bdellio.

To kepe ỳ head frō hoarsenes.

Oile of Coste.

Against vermin and scurfe in the head

Oile of Baye.
Oile of Lillies.

Against the yellow iaundice

Antidotum Asincritum.
Diarhodon abbatis.
Electuarium de ribis.
Syrupus de Bizantinus.
Theriaca galeni.
Trochisci de Camphora.
Trochisci de Rubarbaro.
Trochisci de eupatorio
Triasandali.

Agaynst Ilica passio.

Antidotum Asincritum.
Theriaca galeni.
Mithridatum Andromachi.
Hiera picra.
Pilulæ sine quibus.
Vnguentum martiaton.

Against inflamations.

Antidotum Asincritum.
Cerotum stomachicum

Against heat impostumes either in the stomach or liuer

Carotum pro stomacho.

Against

The table of Compoundes.

Againſt inward impoſtumes.

Trochiſci de reubarbaro.
Trochiſci de eupatorio.
Oleum violarum.

Againſt hoat impoſtumes in the throate.

Diamoron potio.

To ripe impoſtumes.

Emplaſtrum diachylon magnũ
Emplaſtrum diachilon album.
Oile of Flowerdelice.
Oile of Mattike.

Againſt incenſibility

Mithridatum
Theriaca galeni, &c.

Againſt inflamacions of Choller.

Conſerue of Violets.
Vnguentum roſatum.

Againſt pain of the liuer,

Antidotum Aſincritum.
Diacurcuma.
Pilulæ aggregatiuæ.
Pilulæ de euphorbio.
Trochiſci de rubarbaro.
Sirupe of Setrac

Againſt heate of the Liuer.

Iulep of Roſes.
Iulep of violets.
Electuarium catholicum.
Mel violacum
Sirupe of Violets.
Syrupe comp. of Endiue.
Triaſandali.
Trochiſci de ſpodio.
Vnguentum roſatum

Againſt colones of the liuer

Theriaca galeni.
Diagalanga.
Diarhodon abbatis,
Trochiſci de gallia moſchata.
Trochiſci de abſinthio
Trochiſci de eupatorio.
Emplaſtrum ſtomachicum.
Oile of Euphorbio.
Syrupus de eupatorio.
Syrupus de abſinthio.

Againſt harones of the liuer.

Emplaſtrum diachilon album.
Pilulæ de euphorbio.

To make a man laxatiue.

Antidotum Aſincritum
Hiera picra galeni.
Conſerue of violets.
Diacaſſia fiſtula pro enematibus

Againſt daunger of lyfe

Antidotum Aſincritum.
Diacameron.

Againſte beate of the Lunges.

Diatragantha frigida.
Diarodon abbatis
Triaſandali.
Syrupe of Violets.
Syrupe of Endiue.
Syrupe of comp. Endiue.
Syrupus de infuſione roſarum viridium.

Againſt colones of the Lunges.

Confectio dulcis de Muſco.
Conſerue of Maidenhaire.
Theriaca Galeni..
Trochiſci de abſinthio,

Againſt vlcres of the Lunges

Oile of ſweete Almondes.
Syrupe of Liquorice.

Againſt the Leprie,

Confectio hamach.
Theriaca galeni.
Trochiſci Theriaci
Pilulæ fætidæ maiores.

Againſt the Meſels

Theriaca galeni

Againſt madnes.

Aurea Alexandrina
Diaſene.

Againſt the mother.

Antidotum Aſincritum

To allwage payne of the Matrice.

Emplaſtrum de granis lauri.
Oyle of ſweete Almondes.
Trifera.

Againſt cold diſeaſes

Antidotum Aſincritum
Diambre
Electuarium de gemmis
Oile of Lillies.
Emplaſtrum pro matrice.
Emplaſtrum Ceroneum
Oile of Flowerdelice.
Oile of wormewood.

To cauſe mirth.

Diambre.
Diamargaritum calidum.
Diacameron.
Diaſene
Electuarium de gemmis.
Conſerue of Borage
Syrupe of Langdebief.

To purge melancholy.

Antidotum Aſincritum.
Alipta muſchata.
Confectio dulcis ae muſco.
Diaſene.
Mithridatum.
Syrupus de epithimo.
Conſerue of Roſes.
Couſerue of Maidenhaire.
Conſerue of Succorie
Conſerue of Langdebeef.
Conſerue of Roſemarie.
Conſerue of Borage.
Pilule ſine quibus.
Pilulæ de lapide Lazuli,
Pilulæ aggregatiue.
Pilulæ lucis maioris.
Trochiſci de abſinthio.
Trochiſci de eupatorio,

Againſt all diſeaſes aboute the Myrpſe.

Mithridatum
Theriaca galeni.
Pilulæ Cochiæ Raſis.
Oile of Spike
Oyle of Euphorbe

Againſt ſoarnes in ỹ mouth

Diamoron potio
Mithridatum Cleo.

Againſt bleeding at the noſe.

Trochiſci de terra ſigillata.
Trochiſci de Carabe.

Againſt ſtench at the noſe

Oile of Flowerdelice.

Againſt wrything of the neck on the one ſyde.

Confectio dulcis de moſcho.
Syrupe of Sticados

Againſt obſtructions.

Oile of bitter almondes
Oile of Coſte
Oile of Dill,
Oile of Camomill,
Oyle of Flowerdelice.
Oile of wormewood.

Oleum

The Table of Compoundes.

Oleum de Chieri.
Syrupus de radicionibus.
Syrupe of Bizantes.
Syrupe comp. of Endiue.
Syrupe of Maidenhayre.
Syrupe of Ceterac.
Trochiſci de Rabarbaro.
Trochiſci de Eupatorio.
Trochiſci de abſynthio.

To cauſe good Odour and ſauour.

Electuarium de gemmis.
Oyle of Coſte.

To comfort the principall partes.

Aromaticum roſatum.
Aromaticum gariophillatum.
Electuarium confortans Stomachum.
Diamber.
Diamargaritum calidum.
Miua ſimplex.
Syrupe comp. of Fumiterre.
Syrupe of Bugloſſe.
Electuarium indium maius.
Conſerue of Roſes.
Syrupe of Calamintes.
Oyle of Coſte.
Oyle of Maſtike.
Oyle of Quinces.

Againſt the dyneſſe of the principall partes.

Oyle of ſweete Almondes

To mollifie the principall partes.

Conſerue of Roſes.

Againſt the Paulſie.

Antidotum Aſincritum.
Confectio dulcis de moſcho.
Mythridatum.
Pilulæ de Euphorbio.
Syrupe of Sticados.
Vnguentum Martiaton.

Againſt the Pluriſie.

Diatragacantha frigida.
Syrupe of Violets.
Iulep of Violets.
Lohoc of Squilla.
Conſerue of Maydenhayre.
Oyle of Violets.
Syrupe of Liquerice.
Syrupe of Hyſope.
Syrupe of Endiue.
Syrupe of Iuiubes.
Vnguentum de Althea.

To purge the wynde pipe of groſſe humours.

Diapraſſium.
Therica Galeni.
Lohoch de Squilla.
Lohoch ſanum.
Syrupe of Liquerice.
Syrupus de acetoſus comp.

Againſt the Peſtilence or Poyſon.

Theriaca Galeni.
Mithridatum.
Puluis contra peſtem.
Syrupus de acetoſitate citri.
Syrupus ex acetoſa.
Syrupus ex infuſione.
Roſarum viridium.
Oyle of Scorpions.

Againſt Pimples, or Wheales.

Oyle of Myrtes.

Parfumes.

Confectio dulcis de moſcho.

Againſt reumes.

Aurea Alexandrina.
Antidotum Aſincritum.
Mithridatum.
Diapraſſion.
Syrupe of Sticados.
Syrupe ſimp. of Popy.
Oyle of Rue.

To purge the Raynes of grauell.

Antidotum Aſincritum.
Benedicta laxa.
Oximel diureticum.
Syrupus acetoſus comp.
Syrupe of Maydenhayre.
Syrupe of Cettrac.

Againſt payne in the Raynes

Aurea Alexandrina.
Mythridatum.
Diacameron.
Diacurcuma.
Electuarium indi maioris.
Oleum de euphorbio.
Oleum de cheiri.
Emplaſtrum de granis Lauri.

Againſt Ringwormes.

Confectio hamech.
Oleum de Tartaro.

To comfort the ſtomacke.

Theriaca Galeni.
Diacorallium magiſtrale.
Diamargaritum calidum.
Diapraſium.
Diagalanga.
Aromaticum Roſatum.
Aromaticum garyophillatum.
Trochiſci de gallia muſchata.
Trochiſci de Alchachengi.
Mythridatum.
Miua ſimplex.
Electuarium confortatiuum ſtomachium.
Electuarium de gemmis.
Electuarium Indi Maioris.
Emplaſtrum ſtomachicum.
Syrupe of Mirtes.
Syrupe of ſticados.
Syrupe of Wormewood.
Syrupe of Langdebeefe.
Syrupe of Quinces.
Syrupe of dry Roſes.
Conſerue of Langdebeefe.
Conſerue of Enulacampana.
Conditum Cotoneorum.
Oyle of Coſte.

To purge ỳ ſtomack of groſſe humours

Hiera picra Galeni.
Pilulæ Fatidæ maiores.
Pilulæ lucis maiores.
Pilulæ de Sarcocolla.
Pilulæ ſtomachiæ.
Pilulæ agarico.
Oximel ſimplex.
Oximel ſcilliticum.
Emplaſtrum ceroneum.
Theriaca Galeni.
Syrupe of Hyſope.
Syrupe of Maydenhayre.
Syrupe of Horehounde.
Syrupus acetoſus compo.
Syrupus de limonibus.

Againſt heate & burning of the ſtomache.

Trochiſci de Spodio.
Trochiſci de camphora.
Diarhodon abbatis.
Triaſandali.
Syrupus de ſuccoacetoſæ.
Iulep of Roſes.
Vnguentum roſatum.

Againſt

The Table of the Compoundes.

Agaynſt coldneſſe of the ſtomacke.
Syrupe of Mintes.
Syrupe of Calamintes.
Oyle of Wormewood.
Vnguentum de Altheæ.

Agaynſt hardneſſe of the ſtomacke.
Pilulæ de Euphorbio.
Emplaſtrum Diachilon album

Agaynſt payne of the ſtomacke.
Emplaſtrum de granis Lauri.
Emplaſtrum ceroneum.
Pilulæ Fatidæ maiores.
Pilulæ Agregatiuæ.
Trifera.

Agaynſt Dyſeaſes of the Splene.
Antidotum Aſincritum.
Diacurcuma.
Electuarium catholicum.
Pilulæ de quinque generibus myroba.
Syrupe of Calamintes.
Syrupus de acetoſa ſimplex.
Oleum de euphorbio.

Agaynſt hardnes of ꝑ ſplene
Trochiſci de abſynthio.
Trochiſci de eupatorio.
Emplaſtrum meliloti.
Emplaſtrum diachilon album.
Emplaſtrum ceroneum.
Vnguentum marciaton.

Agaynſt Sighing.
Antidotum Aſincritum.
Diamargaritum Calidum.

To cauſe the ſpittle to anoyde.
Antidotum Aſincritum.
Syrupe of Pyne aples.
Lohoch de Squilla.

To reſtore the Speache.
Diaireos.

To breake the ſtone.
Aurea Alexandrina.
Theriaca Galeni.
Mythridatum.
Oleum de Scorpione.

Agaynſt the Strangurion.
Aurea Alexandrina.

Agaynſt ſoundyng and fayntyng of the heart.
Diamargaritum calidum.
Diaſene cum Manna.
Aurea Alexandrina.
Syrupe of Langdebeefe.
Conſerue of Borage.

To prouoke ſweate.
Oyle of Dill, and other hoat Oyles.

To prohibite ouermuch ſweating.
Roſata nouella.
Oyle of Quinces.
Oyle of Mirtes.

To cauſe a man to ſleepe.
Diapapauer.
Syrupe of Popie.
Oyle of flowers of Popie.
Oyle of Dill.
Oyle of Nenuphar.

For Children, which cannot ſleepe, or doe ſpeake in theyr ſleepe
Trifera.

Agaynſt Strangurion.
Diamoron potio. &c.
Venice Terebintine.

Agaynſt the Scabbes.
Confectio Hamech.
Oyle of Baye.
Vnguẽtum pro pueris ſcabioſis.
Vnguentum contra ſcubiem.

To purge the inſtrumentes of the Senſes.
Pilulæ Alephaginæ.
Pilulæ Agregatiuæ,
Pilulæ lucis maiores.
Therica Galeni.

Agaynſt the ſquinancy.
Mithridatum.

Agaynſte the ſtifneſſe of the inward Members.
Mithridatum Andromachi.
Conſerue of Roſemary.

To mollify and ripe al ſwellinges
Diachilon paruum.
Emplaſtrum de granis Lauri.
Emplaſtrum Diachilon album
Oyle of Flowerdelice.
Vnguentum Apoſtolicum.
Vnguentum Agrippæ.

To increaſe ſeede.
Oyle of ſweete Almondes.
Oleum Seſaminum.

Agaynſte the ſleepe or forgetfull diſeaſes.
Oleum de euphorbio.

Agaynſt deepe diſeaſes in the Synewes.
Syrupe of Sticados.
Oyle of Quinces.
Oyle of Maſtike.
Vnguentum agrippæ.

Agaynſt cold diſeaſes of the Synewes.
Oyle of Euphorbe.
Oleum Lumbricorum.
Oleum de cheru.
Pilles of Euphorbe.

Agaynſt ſhootinge of humours.
Emplaſtrum palmeum.

Agaynſt great, and colde ſoares.
Tela Gualterij.
Emplaſtrum de ceruſa.
Emplaſtrum de minio.
Vnguentum Ægyptiacum.

To dry vp ſoares & Byles.
Emplaſtrũ Deſiccatiuũ rubeũ.
Vnguentum Apoſtolorum. &c.

To quench the thyrſt.
Trochiſci de camphora.
Trochiſci de Spodio.
Roſata nouella.
Syrupus de infuſione roſarum viridium.
Syrupe of Quinces.
Syrupe of white Popie.
Syrupus de acetoſitate citri.
Mel violatum.
Iulep of Roſes.
Conſerue of Violets.

Agaynſt the fallinge ſickneſſe.
Antidotum Aſincritum.
Aurea Alexandrina.
Confectio de moſcho.
Electuarium de roſis.
Electuarium de pſilio.

Agaynſt the tooth ache
Antidotum Aſincritum.
Aurea Alexandrina.
Mithridatum.
Diapraſſium.

Pilulæ

The names of the Compoundes.

Pilulæ de Hiera simplici.

Agaynst roughnesse of the Tongue.

Diatragacantha frigida
Diamoron potio.
Syrupe of Violets.
Iulep of Violets.
Oleum sesaminum.
Oyle of sweete Almondes.
Oyle of Violets.

Agaynst shortnesse of wynde.

Antidotum Asincritum.
Mythridatum.
Confectio dulcis de moscho.
Alipta muschata.
Diaireos.
Diacameron.
Syrupe of Calamintes.
Theriaca Galeni.
Pilles of Agarike.
Syrupe of Horehounde.
Syrupe of Hysope.
Syrupus de pino.
Lohoch de Squilla.
Lohoch de papauere. &c.

To breake wynde.

Antidotum Asincritum.
Aromaticum gariophillatum.
Pilulæ aureæ.
Diagalanga.
Diacurcuma.
Electuarium indum maius.
Syrupus de eupatorio
Oyle of sweete Almondes.

To stop vomiting.

Antidotum Asincritum.
Aromaticum gariophillatum.
Miua simplex.
Rosata nouella.
Syrupe of Mintes.
Syrupe of Quinces.
Oyle of Mintes.

To cure the disposition to vomiting, which is whã a man would vomit and cannot.

Aromaticum gariophillatum.
Miua simplex.
Rosata nouella.
Syrupe of Mintes.

To prouoke vryne.

Antidotum Asincritum.
Aurea Alexandrina.
Diacurcuma.
Diacassia cum Manna.
Diasatyrion.
Oximel diureticum.
Vnguentum agrippæ.

To prouoke Venus.

Diasatyrion. &c.

To heate woundes.

Balsamum artificiale.
Emplastrum palmeum.
Vnguentum Apostolorum.

To scoure and clense woundes.

Tela Gualterij.
Vnguentũ Apostolicõ Auicenæ
Vnguentum Basilicum.
Vnguentum Ægyptiacum.

Agagynst Wormes in the Belly.

Puluis contra Lumbricos.
Syrupe of Limons.
Oyle of Wormewood.
Hiera picra Galeni.
Mithridatum. &c.
Vnguentum contra Lũbricos.

And thus I haue ended the notes of the Cõpoundes, with Cõmon seedes. &c.

Sickne.

What bee the names of the Compoundes, and in what leaues may I fynde them, I pray you tell mee?

Health.

Fyrst I will begin at the letter *A.* &c.

A.

ALypta Moscata. Fol. 1
Asincritum, **a goodly** Antidotarie, **of singuler vertue.** Ibidem
Aromaticum Rosatum. Ibidem
Aurea Alexandrina. 2
Aromaticum gariophillatum. Ibidem
Acatia. Ibidem
Aurilj. Ibidem
Aqua odorifera. 3
Apophlegmatisini, **to drawe fleame from the head.** 40

B.

BEnedicta laxati. Fol. 3
Balsamum artificial. Ibidem

C.

COnfectio dulcis. Fol. Ibidem
Confectio Hamech. Ibidem
Cerotum stomachale. Ibidem
Confection for the Eyes. Ibidem
Conserue of Buglosse. Ibidem
Conserue of Rosemary. 4
Conserue of Borage, & Buglosse. Ibidem
Conserue of Roses. Ibidem
Conserue of Violets. Ibidem
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Conserue of Gladen. Ibidem
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Sicknes.

NOw you haue endded your Table, wyth ỹ names of compoũdes There are certayne wordes, very hard for mee to vnderstande, as when you doe name Apophlegmatismus, Dropax, Liniment. &c. I knowe not what they doe meane, by theyr proper names: I pray you tell mee the significations.

Health.

WHen you come to Apophlegmatismus, it is a singuler good medicine to purge phlegme by vomite, or els to drawe from ỹ heade, vill & grosse humours, & is vsed sometime, as I haue rehersed in the proper place of Apophlegmatismus, before spoken.

And by mixture vnderstande what sundry Confections, and Electuaries, be mingled together, to be taken in the morning, or els three houres before repaste of meate and drynke, to purge choller. &c.

Confectura, is a medicine mingled of Simples, or some meate dygested: as cibus confectus, meate digested. There are sundry confections, as Confectio Hamech. &c.

Electuarium is commonly knowen, made morste wyth Hony, Suger, & pouders for to clense humours, being taken in the morninge, in Bolo, that is in the same masse, rolled wyth Suger, or els in Potione, or drunk with waters, according to the complexion: as to the chollerick least, and most to the Melancholy person, by the reason of hys earthly nature. And of Electuaries be dyuers, and of sundry inuentions, as Rasis made one for an Heathen king, whose name was Almansor. To thys king he wryteth mutch, concerning bodyly health, and to put away pensiuenes, heauines, and Melancholy, he made Electuarium Lætificans Rasis.

Electuarium de succo Rosarum of Roses, Electuarium frigidum Cophonis of one called Cophe. Reade of this man, and many mo, in the worke of Mesue.

Electuarium gemmarum of precious stones. &c. with many mo worthy Electuaries, profitable for mankinde: some warming, and some cooling. &c.

Tragea, are sundry pleasaunt pouders, mingled together, whych are cast vpon delicate meates, or put in Wyne agaynst colde in the Stomacke, or Collicke, holesome for the Melancholy, or Phlegmaticke body, whych is colde or wyndy.

Conserue is knowen, as of Prunes, Barberies. &c. and will conserue and keepe the strayned fruictes, wherein spices wyth Suger, and sometyme sweete waters are sodden together, to make it bothe to last in it selfe, and pleasure mutch the receiuer, whych shall eate thereof, Morning, and Euening. Also young fruictes, as Nuttes, Peares. &c. and flowers may bee conserued, preserued, and condited in Syrupes. Keeping theyr forme, and goodnes, wyth mutch vertue.

Trifera saracenica agaynst frensy, Melancholy, and coldnes. &c. was inuẽted of the Saracens, to be drunk in wyne.

Esdra was made by Esdras ỹ holy man, when the people of Israel were in captiuity, in great mysery and affliction of mynde: thys was the bodyly remedy for all the paynes of the head, comming of colde.

Aurea Alexandria was made in Alexandria, & vsed for the singuler vertue

agaynſt cold reumes, and to comfort the brayne: lyke as gold excelleth al other mettals in riches, ſo doth this al other in vertue.

Lohoch is a pleaſaunt thyng, as Lohoch Sanum, Lohoch de Pino, &c. This Lohoch is to licke or melt vnder the tounge, agaynſt paynes in the throate, and Lunges, and is good to helpe the cough.

Syrupe of Liquorice, Horehound. &c. are made Symple or compound, to be taken a mornynges and euenynges, ſome be hoat and ſome be cold.

Rob is a certayne thinge made harde, and put into medecines: there is Dia rob, very wholeſome for the liuer, and put into medecines for the mouth as in gargariſme.

Decoction is a drynke moſt wholeſome to clenſe the bodye, or to reſtrayne, or elles maye bee put in Cliſters eyther to purge or ſtoppe accordinge to the nature of the ſickneſſe. When ye wil purge, take opening ſeedes, leaues Barkes, rootes, &c with Sugar, & ſeeth them, then ſtrain them through a cleane woollen cloth, adde to Suger: & let the pacient drink a mornynges, two or three dayes. And when you ſtop decocte Planten, Shepherdes purſe, gumme Arabike. &c. ſtrayn it and drink it morning and euening. Note alſo that Syrupes and decoctions be beſt new, ſpecially the decoction which wil not laſt long.

Iulep is not ſodden ſo thicke as a ſyrupe, but is cleare made with ſondry good waters and cleane Sugar, and is wholſome for the Liuer, as of ye waters of Cicory, Endiue or Syrupes and waters togeather.

Infuſion, is when the Apothecaryes do for twelue or xiiii howers, put purging medecines in Water, as, Rhabarbe, 'Agarike, Succo roſarum &c. and then ſtrayne them forth to drinke and purge in the morning.

Trochiſces are many, as of Cappers, Wormwood, Rhabarbe &c. and are dry lyke ſmall tablemen, vſed in medecines, beaten into pouder and maye bee long kept.

Sufuf is a goodly Aromatike pouder, made of ſpyces as Galanga. &c.

Sief is made for ſore eyen, whyte and hard in the forme of a little Sugar lofe, but ſcant ſo much long, which muſt be ſteped in Roſe Water, and womens milke, to be applyed to the eyen, to helpe them.

Collyrium is made of Sief, when it is ſoft, or diſſolued for ſore eyen.

Pilles are of ſundry kindes and natures, of great ſtrength & vertue, to repulſe euil matter, and may be taken at euening morning, and Ante cibum; according to their natures as I haue written. But old Pilles are dangerous new, are good, how be it, perilous for very fat bodyes. Ther are alſo Pilles reſtraynyng, or ſtopping, as for flixes.

Suffimentum. is ſondry pouders for women, caſt vpō coles, whoſe ſmoke doth ſubtilly paſſe into the body, or matrix, and ſomtyme for men.

Naſalia are wholſome thinges to be put into the noſe, to comfort the brayn and ſtop the bleeding at the noſe

Frontaſia are good to reconcile ſlepe, to be applyed to the forehed, ye length twelue inches.

Maſticatorium, to champe vppon, to drawe forth flegme from the heade

and to clense the teeth.

Gargarismus, is to gargle in the mouth, not to swallow it downe, to clense the mouth, throate, and teeth, put in warme to.

Clyster is ministred beneath, and are of sundry kindes: relaxyng, bindyng and restoryng, and must be ministred, neyther to colde, for wynde, nor to hoate, for excoriation or skaldyng. But temperate to clense, and worke hys proper effect. Clisters are good for the stone, and when one can take no Purgacion by the mouth, Clisters are most best.

Athanasia is so named, because it is so excellent in goodnesse, agaynste the immoderate fluxe menstruall in women, it is called a medicine immortal: of whych I shall speake of more, in a perticuler Booke by it selfe God willyng.

Epithema, is vsed inwardly for the Liuer, and also fine Wolle, or rawe silke quilted, and steeped in waters and pouders, accordyngly. Scarlet in Grain, is holsome for the same purpose.

Liniment is made to anoynt, or make soft, hauyng no ware therein.

Pessus is made to be applyed, into the secret place of a woman, to helpe the euilles of the Matrix.

Sacculum is a bagge or quylte, wherein Spyces cordiall, wyth holsome herbes are put in, and made warme wyth wine, vineger, or sweete Water, and so applyed to the stomackes of sicke folkes.

Cerot is made of Ware, Spyce, and Oyle, spred vpon leather, and applyed to the breast, &c. as Cerotum Galeni pro stomacho.

Insessus is sweete herbes sodden in sweete water and wine, in whych the pacient must sit at euen.

Suppositor is to put vnder in at the Fundament, for to relaxe the Bellies of weake bodyes.

Fomentum is to wash the sore bodie wyth herbes, whych must bee much sodden, and applyed to the sore place &c.

Dropax is good for shalde heads, to clense them: and for women that would haue hyghe foreheads, agaynst Nature. For a Dropax wyll pull of the hayre.

Emplastrum is commonly knowen, and is grosslye made of herbes, Spices &c. and warme to be applyed to the sore, or payned place of the body.

Frication, is rubbing or chafyng of the body, wyth warme Clothes in the morning.

Dentifricium, is made of thynges to cleanse the Teeth, and make them whyte: as wyth dryed Mallow roots &c.

Wyth many more prety and apte notes of Medicines, but these shall suffyce for mans health: whych the preparers of medycines, must wisely marke and obserue, wyth these .xvi. notes folowyng.

Fyrste

i. Must first serue God, forsee the end, be clenly, pity the poore,
ii Must not be suborned for money, to hurt mankynde.
iii His place of dwelling & shop to be clenly to please ỳ sences wall
iiii His gardē must be at hand, w̄ plenty of herbes, seedes & rootes
v To sow, set, plant, gather, preserue and kepe them in due tyme.
vi To read Dioscorides, to know ỳ natures of plants & herbes &c.
vii To inuent medecines to chose by coloure, tast, odour, figure &c.
viii To haue his morters, stilles, pottes, siters, glasses, boxes cleane and sweete, &c.
iv. To haue Chartoles at hand, to make decoctions, syrupes, &c.
v. To kepe his cleane wares close, and cast away the baggage,
vi. To haue two places in his shop, one most cleane for the Physik and a baser place, for Chirurgie stuffe.
Thapoticaryes. xii That he neither increase, nor diminish the Phisicions bill, and kepe it for his owne discharge.
xiii That he neither buy nor sel rotten druggs,
xiiii That he peruse often his wares, that they corrupt not.
xv That he put not in quid pro quo, without aduysement,
xvi That he may open wel a vein for to helpe the pleurisy.
xvii. That he meddle only in his vocacion.
xviii. That he delyte to reede Nicolaus Myrepsus, Valerius Cordus, Iohannes Placaton, the Lubik, &c.
xix That he do remēber his office is only to be ỳ Phisiciās Coose.
xx That he vse true measure and waight.
xxi To remember his end, and the iudgement of God: and thus I do comend him to god, if he be not couetous, or crafty seking his own lucre, before other mens health, succour & comfort.

Sickne.

I Assure you if the Apothicary do godly obserue these playne rules, hee can not do amisse: but shal please almighty God, profit the common wealth in his calling. Finally quyet his conscience, & liue wel. I pray you shew vnto me a little of the wayghtes and measures, and so make an end of this part which is of medicines.

Health.

IF I should speake much of waight and measure, that I could not well do, without I should allege the learned man Georgius Agricola, de mensuris & ponderibus, who maketh the distinction of all the measures of this world, of euery age & people. Who I do wish that you do often times read & for this present tyme let this suffice for weight as followeth, for this little booke passed be fore.

The whighte of	A pounde.	li.	The waight of	of eche part,	ana.
	An vnce.	℥		A quarter,	q.
	A dragme.	ʒ.		Halfe.	ß.
	A scruple.	ʒ		A handful.	M.
	A Grayne.	G			

Note also that the Apoticaryes, do deuyde a pound thus.

li. ʒ.viii. ʒ.i. ʒ.viii ʒ. ȝ.iii. ȝ.ſ. ℈.rr.

Another note for wayghtes and measures.

Further there is a measure called Pugillum, or a little handful, noted thus. P

And euer measure youre Herbes by the handeful. M. youre Flowers by the. P.

Your rootes and seedes by waight. ȝ.ʒ.ʒ. &c. But somtime the rootes are vsed in nomber, as in decoction. &c.

The liquorice and pouders, by wayght. as the seedes.

Fruites are vsed in nomber, as Apples, Prunes, Mirobalans &c. not by wayght, as. ʒ.ʒ.li. but i.ii.iii iiii.v. &c.

Also when you do come to decoction, or seething of your thinges: Consider that you fyrst haue pure clean vessels, as Iron or stone, auoid stinking brasse, as much as you may, and prepare whyte mettal to make in your decoctions, with very cleane water: then you must haue your rootes cleane scraped and sodden. Why the rootes fyrst: Mary because they be harder, then any other thing in seethinge or decoction. therefore they had neede of much seething to make them tender, next after them put in your seedes. And last of al your Flowers or Sene leaues, for because they be tender, & wil quickly passe away by smoke vapour and ayre: let it seeth neither vpō a sharpe quicke fyer, nor vpon a slow, but vppon a meane, vnlesse it require much hast. But after the seething let it stand by, in some conuenient place: and then strayne the same Decoction, throughe a cleane whyte Wollen, or Skarlet in grain cloth, and so reserue it to vse of Medecine.

Why rootes are fyrste sodde in decoctiō. & whitflowers are last put in decoction.

How to make Suppositers.

Suppositours must be made of Honye, sodden to a thicknes and tempered with a sticke, and when it is almost sodden, then put your Salte, and Hiera piera Simplex when your Honye is almost thicke, or els the Hiera will lose his strength. then roule it with butter in the forme of a spindle, smaller at one end, then at the other in length, according to the body as a Finger, two fyngers in length.

Clisters.

Clisters you haue the making of them before, but because trouble and tyme hath preuented me, I colde not doo so muth in Clisters &c. as by Goddes grace. I doe intend hereafter. Therefore I commend thee to Nicholaus Myrepsus. V. Cordus. I. Placatom, and also to one of this tyme of little fame because he hath written but a little boke, but yet this wooke is excellente good for a Poticary, his name is Petrus Gorias Bitriscensis. Note also, that you must haue your Clister pipe, and bladders in store, to minister the Clisters, neither very hot nor cold, for feare of wynd, or scalding in the guttes. Also I haue sayd before, your Clisters must be fyrst of decoction with your rootes, then seedes, last Sene, then strayned, and so your Oyles and Hiera piera &c. with a little recoction, and so giuen a pint. &c. Euen so there bee Clisters restrayning and stopping &c.

Syrupes, simple & cōpoūde,

Syrupes some bee Symple, that is made of one thing, puttyng thee vnto Sugar, or hony, and this Syrupe is made of the iuice of Herbes, or fruites as Borage &c. Either the iuice is stamped and strayned, & clarifyed

or els

or els the herbe is sodden in water, vntill the water bee consumed to the thyrd part. then strayne it, and put the decoction agayne into the Kettell, or Pan, and recocte it agayne, putting in the Suger, compounded wyth sundry Syrupes, as Grossery, as Spyces, and Seedes, are decocted, and sodden together.

Juleps must be sodden but lightly, made thin and cleare, and are made of Vyolets, Roses, or Syrupes, and Waters together.

Infusion must stand al the night together, as Agarike, Rubarbe, Sene &c. and stilled water, & in the morning strongly pressed forth into a cleane vessell, to the vse of potion, to purge.

A stone of Marble must be prepared, to cast Manus Christi, or Lozinges vpon: whych Lozinges must be made of Suger, put into the Pan w Rose or sweete water, sodden to a thickneſſe, and when it is so thick, that a drop thereof will be cleere, lyke Venice Terebintyne, then put in your Cordiall pouders, or Dias, stirring it with a sticke, cast it abroade vpon your stone. Note also, that your stone be eyther anoynted, with Oyle of Almondes, or els sifted ouer wyth ỹ pouder of Cinamon, whereby you may take vp your Table, to make your Lozenges. The names and quantities of them, are before rehearsed in the Compoundes.

Electuarium must bee sodden thicke, and kept cloase, as Electuarium de succo Rosarum, &c. and. ʒ. j. of any Electuary, is sufficient to be taken at once in the morning, with distilled waters accordingly.

Pilles. ʒ. j. made in fiue, or seuen Pilles, is sufficient to purge the Body withall. Pouders, Syrupes, and Waters must be alwayes prepared for Pilles, and to make them newe, beaten in a cleane Morter together, and kept close.

For moyst, or liquid thynges shortly to besayd.

Amphora is. xlviij. Sextarius, and thys Sextarius doth containe a Pinte and a halfe, whych is ounces. xxiij. that is. l'. ij. Romayne wayght.

Vrna is halfe of Amphora, whych. xxiiij. Sextaries, here in Englande are two gallons, & a halfe. And thus I doe ende of these medicines aforesayd, and what faultes be escaped, amendes shall be made, God willing.

Hæc sunt vsitata Medicamina quæ in officinis Medicamentarijs vbiq; ferè prostant, reliqua ad præscriptum Medicorum parentur, quod non difficile est in communibus exercitato.

Valeto.

Gulielmus Bullenus.

Ianuarij, anno salutis.

1562.

Hereafter followeth the Booke of the vse of Sickmen, and holsome medicine.



Surfeyte, age, and ſickenes, are enemyes all to health,
Medicines to mende the body, excell all worldly wealth:
Piſicke ſhall floriſhe, and in daunger will giue cure,
Till death vnknit the liuely knot, no longer wee endure.

The Booke of the vse of sicke men and medicines.

Sicknes.

ALthough medicines, & compositions, be well made in all poynets, wanting no Simples, yea, and also the Simples are good and newe, and the Apothicary cunning: yet it oftentimes happeneth that the same good medicines do hinder me more, than my painefull dolorous sickneſſe: in whom is then the fault? I pray you.

Health.

The fruicte of rashe ministration of medicines.

IT should apprere, neyther in the medicine, nor in the Apothicary, but in the vndiscreete geuer, or rashe Physicion, which men be the death oftentimes of many, that put theyr trust in them, as euill Medicine is. I therefore shall shewe thee, what is to bee done, agaynst sutch euill accidentes, if they dochaunce, how to remoue them. And how thou shalt behaue thy selfe wysely, in receyuing potions. &c. For in the tyme of sickeneſſe, sometyme wee loose, or make the belly laxatiue, when it is stopped, euen so we do restrayne, stop and bynde the belly, when it doth immoderately run wyth lares. Sometyme we do mortify or kill euill humours, that rebell agaynst Nature. And also we restore to nature, when it is decayed thinges restorative, as Cordials, Dias, & Syrups according, wyth

A good Kitchin, is a good Apothicaryes shop.

Kitchin physicke: whych Kitchin I assure thee, is a good Poticaries shop. When we make euacuation wyth laratiues, then vse we Scammonie, Rubarbe, Cassiafistula. &c, But when we restrayne or bynde the body, we giue Acatia and Opium. In restoring, repayring, or bynding nature, then we minister in meates & drinkes, & other cõuenient medicines, Diarhodon, Triasandali, Diamargariton, &c. And there is an other kynde of cure, when the matter is not mature or rype, crude & couched fast, whych must bee displaced wyth decoctions, warme syrupes and medicines according, whych I shall declare hereafter. But here I wyll speake some thyng of Medicines solutiue, or laratyue: and then next of constrictiue, or bynding. Thyrdly, of the maner of restoring, helping, or mending. Fourthly to digest, chaunge & alter. Now concerning the fyrst, whych is medicines solutiue: we vse them

Fonre things considered attraction, dissolving. &c.

three maner of wayes. First by attraction or drawing. Secondly by dissolution or wasting. Thirdly, by expulsing and dryuing forth. Then wee do this diuers and sundry wayes, according to the diuersity of the place where the matter is contayned wythin the body. Then wee loose & relaxe, wyth Benedicta laxatiua, or Catharico imperiali, or sutch lyke electuaries. We make attraction wyth Aloes, and certayne of the Opiattes. &c. We do expel with Scylla, washed in the waters of Tamarindes, & sutch lyke: and as the matter is, so do we worke, and prepare potions, according to the diuersity of the place, where the euill humour or matter lyeth hidden, which wee intende to dispacthe, by Gods grace, wythout whose furderaunce, nothing commeth to good lucke, and all our labour is in vayne, although wee watche, ryse, study, labour. &c. Therefore let the minister of the medicine diligently forsee the verity of the matter, so that he may minister one or two potions of medicines, according to the property and place. As for example, if ỹ matter be in the stomacke, lyuer, or places neere the same, one potion shall suffice to euacuate and expulse the same: but if ỹ euill matter do lye in places distant,

ces distant, and farre from the stomacke, as it happeth to theym that haue the goute, whose griefe is in the Feete. Wee giue more medicines, to dissolue, remoone, and open the matter, which is so farre of the stomacke: then we giue the Juyce of Polipodie, and Agarike, and the Pilles called de Serapino, or Pilles de Lapide Armenio, descriptionis Mesuæ, and such lyke. Then secondly, we vse to giue medicines whych haue vertue, to alter, to draw and attract the losed humours to the stomacke, and so dissolue thē with Benedicta, Hieralogedion, and Hiera picra. &c. For bitter thyngs do penitrate & pearse sooner to the extreme partes, & do purge more, then do any other medicines. Thyrdly, we geue an expulsiue, and expel the humours that be gathered & alredy drawen in the stomacke with, Pfileum. &c.

Property and place, must be obserued.

The vertues of bitter medicines is great.

Sicknes.

But I pray you, how doe you vse these medicines?

Health.

In maner following. Medicines to expell, we giue one in ỹ morning, the second at Noone, the third at Night: the cause may so requyre, the one at euening, an other at midnight, the thyrd in the morning. Take heede also, that the humours be not to mutch dissolued, in the seconde mynistration: but after the fyrst pocion, the Pacient may sleepe, bycause the pocion is more weaker, when it is once drunke, than when it is taken two tymes, for beeing drunke twice, then it is double in strength. Some men may not away with medicines: well, to such we giue but only a digestiue, and an expulsiue. And to them that are not able to receyue two, wee giue theym but one, but that one in effect, must bee as good as the three: whych must dissolue, attract, and expell, whych way of purgacion is not hurtful. For Physitions seldome times do gyue two, or three pocions, but it is greater ouersight: for if one pocion will purge, how mutch more will two or three: for one strong pocion, hath not that vertue, and efficacy that three mens pocions haue: although one stronge pocion, and vehemēt medicine, doe quickly purge the neather partes of the Stomache, euen so it may be so quicke, that it will penetrate to the extreme partes, as ỹ head, hands, & feete. Also the vertue of the medicine, if it be weake in operacion, it doth banishe away, through the passage of the vnapt partes, whereby that it cannot reache to the extreme members. And also, when we do intend to purge the extreme partes, then we doe geue two preparatiues, to the intent that the thyrd, may haue the freer way, and more effectuall passage. If we must needes giue but one, then let it be done by little, & little, & oftentimes, so ỹ the matter may be purged, fayre, & softly, and not rashely, nor so dayngely, as it chaunceth in many places, where the Patient doth receiue such medicines, ỹ he goeth fourty, or three score times to the stoole. Such medicines once doe cause the patient, to haue sunge for them, Requiem eternam, dona eis domine, which is, O Lord, geue them euerlasting rest, for sure we be, through such medicines, in this worlde, they shall neuer haue rest, nor health. For these swift, strong purgacions, doe weaken ỹ bodayne euill humours, and let the good humour out. Therefore, Hippocrates

Apocion must bee giuen at three sundrye tymes, to remoue and expulse matter from the stomacke.

A Caueat, to beware.

Mēs natures must bee obserued, a little medicine will worke mutch of some men, and a stronge medicine, will skant worke, on some other man.

Requiem eternam, wyth a spade.

layth, after ſodayne euacuacion, or repletion, to hoat, or to cold, be deceiptfull, and vtterly aduerſaries to Nature.

Sickenes.

I Had thought to haue made no more to do, but when my belly had bin coſtiue, or boũd, to haue taken any thing that had bin laxatiue, but now I perceiue by to doing, I ſhould haue done my ſelfe more hurt than good: For by ſutch actions & doings, I am brought into this caſe, but from henceforth, I will take better heede, & God aforne. For ſo help me God and hollidame, goſſope Health, I got ſutch a ſickne in Flaunders, that by ỹ ſpace of two yeares, conſumed my money among the Phiſicions, that in ỹ ende, they had all my riches & gayne, and I nothing but ſicknes & payne: then like wyſe men, they counſayled me, to go home into my native Countrey where, ſayd they, the Ayre ſhould be my chefe Phiſition. Euen ſo I did, but my ſickne is ſo inueterate & olde, that ỹ Ayre was vnſufficient to be my help: yet the countrey is very pleaſaunt, ye know it very well, it is Suffolk, whereas very fewe Phiſicians do inhabite, of myne acquaintance, but only an old Emperike, called Ihon Preſton, ſome take him to be a great clarke, but I thinck he is learned beyond the mark. For all men in that countrey, he is greatly ſought vnto: for he playeth our Lady of Walſingham, giuing as mutch health for a peny, as ſhe did holynes: yet cuſtome hath cõmenced him amongeſt the common people, to be theyr doctour. I was this mans pacient a great tyme, but yet I neuer heard him talke of Hippocrates, and Galen, he troubles not his houſe wyth any of theyr bookes. What ſhall I ſay, all the time that I was with him, he vſed to miniſter his purgacions by chaunce medley, to his pacients, happy man by his dole, ſome ſpeede well, but I do remayne ſicke ſtill. And as I doe perceyue by theſe three rules, that the fault was in abuſing, miſuſing, and not duely miniſtryng of hys medicines: how, and in what maner therefore ſhould I receiue, or giue my frend medicine, without errour accordingly, I beſeeche thee gentle Health tell mee.

Like as heate conſumeth, euẽ ſo do Phiſicke money.

Ihon Preſtõ, called Ihon of Stoncham

Health.

WHen you will giue any purgation, or medicine, diet your pacient firſt, by ỹ ſpace of a day or two, with meates or ſuppings, to prouoke vrine: as the broathes of fleſhe & fiſhe, boyled Onions with fat Porke. Alſo geue the pacient two or three tymes poached Egges, ſauſed with a little Wyne, & Pepper, or herbs mollifieing or ſoftning the belly, as Arage, called Atripler, Mallowes & Mercury. &c. For which cauſe ſayth Hippocrates, when any may will purge the body, he muſt firſt prepare ỹ matter to be flowing, that when the purgacion doth come, it may eaſely paſſe, & carry away all the euill humour, without griefe or hurt. And this muſt be giuen to hard Complexions, which will not eaſely geue place to purgacion: for in caſe the medicine ſo e not, it will impriſon, ſhut vp, and cloſe, both the humour & the purgacion, rather than purge accordingly. Upon which occaſion, ſayth Galen, theſe Methodians, while as they make light of medicines preparatiue, they incloſe the matter, and make no euacuation, therefore they cauſe not only the ſicknes of the Lunges, but alſo of the Joynts, as Hands and Feete.

Whẽ purging medicines are to bee geeuen, firſte miniſter hearbes and drinks to prouoke vrine.

Preparatiues muſt bee firſte geuen, & then purgacion.

Methodici, bee Phyſicions ỹ obſerue certayne rules by art.

Sickenes.

NOw ſir, for that you are very ſenſible, & talke in good order, I pray you furthermore, if you be not weary of my poore company: ſhewe me how that I may beſt prepare medicine for my ſelfe and others accordingly.

Health,

FOr asmutch as I doe lacke many of my Companions, which bee now a dayes, al on thy ſide, intiſed by idleneſſe, ſurfet, & theyr companion gluttony, & now are they all with thee, I know them well by ſight, but I keepe very little cõpany with them. For if I ſo did, I ſhould looſe my name, & be called no more Health, but myſerable wretched Sickneſs, as

The cauſes of ſickneſſe.

Charles Goatley his Book

Ann Goatley her Book

nes,as Feuer,Dropsy,palsy,blynde,lame,frantike,consumed,rupture,gouty,pocky. &c. Bet would God,would God,if thou & they be not past cure: I wilshe you all on my side agayne. For I cõfesse,many of you haue mutch wealth,but al you lacke Health. But to want both,if age approach,I promesse thee it is the first hell,the greatest extreeme misery, and most wretched enemy to mankinde,that can be inuented,how sayst thou,is it not so? Thou canst not denay it. Well, yet it is a manyfest signe of health to seeke it. Cõtinue therein,& thou shalt finde it: and for this thy honest demaunde, how medicines should be prepared You shall prepare them in thys maner, if you quicken your purgacion wyth Scamonie quicken it.x. or. xb. dayes, before it be geuen: so that the sayd Scamonie may be incorporated with the spices. But note that the Scamonie be well rubbed betweene the handes, or chafed in a morter,wyth oyle of Roses,or Violets,or syrupe of Roses,well wrought betweene the handes, puttinge thereunto a little Masticke. For Masticke hath a property,that it will let,& not suffer Scamonie to cleaue to the foldes of the stomacke,which oftentymes causeth a bloudy flixe,& excoriation of the guts. But by this mixture,the malice of the medicine is excluded,and wil do no harme: but if any chaunce happen in any such case, it will be soone helped. But there bee many bloudy villaynes, whych wyll geue Medicines immediatly, after they haue put in Scamonie, before it bee well incorporated with spices. For the longer it is incorporated, so mutch it will purge the more effectually and gently. Nowe if you haue not thys medicines prepared,and of necessity it must be geuen,or ministered in such case: let the Scamonie be rubbed or chafed,as is aforesayd,with oyle & Syrupe of Roses,& a litle cleane Mastick,& thus being quickned,it may be giuen after.ij.or.iij.daies:you must also roast ỳ medicine, in this maner following. Take a gray Costarde, or a Quince,cut it a sunder ouerthwarte in the middes,pike out the Coare, then put in the pouder of Scamonie,then put it togeather agayne: when this is done,wrap it close in a weat linnen clothe,and couer it in the hoat Emers of smale coales and ashes. When it is well roasted, thẽ take it forth,and mingle it with a Medicine,and being thus prepared,it may be geuen after two dayes. But take heede still, that it be not finely poudered, for feare of cleauing to the Stomacke, through whych may come a bloudy flyxe,and excoriation of the guttes: but it must be beaten grosly, that it may tary the longer, or more tyme in ỳ stomacke. And why so? Mary, then it shall dissolue the lurking humours,whych be hidden priuely in the extreeme partes,as head,hands,and gouty feete. But if you eyther will receyue,or geue a pocion,then temper it wyth Rubarbe, Myrobalans,or Agarike,and let it stande a day and a night, according as the medicine shall requyre,wherewyth the matter shalbe purged, at Morning,sometime at Euen,as I shall declare hereafter. If a man be stronge, lusty,and not weake,then he may take the substaunce in the pocion. If he be feeble,tender, or weake,then to strayne it,and drynke the lyquor onely: thus, or after thys maner, is to prepare medicines.

How to prepare medicins

Scamonie is perilous,except it be well prepared, and doth kil many one.

Lurkinge humoures howe to finde theim and expulse them.

Sicknes.

How and in what maner,doe you geue solutiue medicines?

Health.

Medicines solitine, why they are giuē.

SOlutiue medicines, be sometime giuen to the whole, and sometime to the sicke. To the sicke, to expulse syckenesse: to the whole to preserue them in health. Then when thou myndest to mynister to thy selfe, or to any other, fyrst consyder ỳ syckenes, and the matter whereof it groweth, and the place infected. When these thynges be well noted, then as the matter shall requyre, euen so ministre accordingly, as is sayd before. But consyder thys, that the medicine must not be offered, vntyll such tyme, as the matter or humour be decocted, riped & made soft, whereupon sayth Hippocrates, we must purge digested matter, but not moue crude, rawe matter, &c. The digestion of matter is knowen, by thicknesse of Vryne, in case a thyn vryne passed before the sayd thycke Vryne by attenuacion, but is a thicke Vryne, come before the thin, then it is a Feuer. Wherefore know fyrst the distinction of the matter in this behalfe. Now if it be vndigested, vse incisiues, and thynges that prouoke vryne: then after you haue prouoked vryne wyth Herbes accordingly, then may you ministre your medicine. But on the other side, when you will gyue a Medicyne laxatyue, to the whole body. First, consider what humour doth abound, and the same is that, which causeth the payne and sickenes in the body: & therefore purge this cause, & then the effect shal cease, by Gods grace. Now furthermore, if there be two humours, equall abounding together, extreamely in superfluitie, then there must be more Simples, put vnto the compositi-on, according vnto the quality or quantity of the humour, to purge the same. As when choler and blood do abound, then purge with confectio Hamech, &c For if two humours be superfluous, and then if you giue to purge but one humour, the body wyl be molested, sicke, and grieued: and for this cause Hippocrates sayth. Si qualia oportet purgari purgentur, confert & benè ferunt, si vero non: contrarium: whych is, if such thynges be purged, whych ought to be purged, is good and anayable and men bare it well, if not, then it is cleane contrary and euyll.

It helpeth mutch to nature, to prouoke Vryne.

That humor which doth abound, purge the same.

The cause of sickeneesse.

Hippocrates. Purge that which should be purged, or els meddle

Sicknes.

What signe or manifest token, is then to be giuen, whereby a man should perceiue the humours by, I pray you say on?

Health.

How wete know what humour doth abound, by his proper token.

FIrstly they may be known by certayne thynges, what humours to abounde, or ought to be purged or clēsed, within ỳ bodies of Men, or Women. As example, if any man be leane, or wāt his flesh, yea, or whitesh of complexiō or fleshy, & haue salt spittle in his mouth, wyth bitternes of taste, in such bodyes salt phlegme doth chiefly abound, and needeth purgation: but they whych feele ỳ moysture, or spettle sweete in theyr mouthes, & haue plenty of swelling vaynes appeere in theyr faces, and also haue noysomnes & abhorring in theyr stomacke, wyth aptnesse to vomit, and vryne red, thyck, & oyley, thys is a manyfest sygne, of ỳ abundance of sweete flegme. Furder, if any man do feele tartnes, or sowernes in hys mouth, wyth quicke appetite, no thyrst or desyre to drink in this case, there tarte fleume greatly aboūdeth, & doth raygne, when all ỳ spettle seemeth like vineger. Sometime the mouth doth feele no taste, & is vnsauery, feeling nothing but like Wel water: neither hath apetite or dryues, desyring

Of sweete flegme.

Tart flegme.

neyther

neyther meate nor drynke: this is an vnsauerie flegme, and needeth purgacion. Nature hath oftentymes rebellyng agaynst her bitternes in the mouth, but no saltnes, the vryne thyn, yellow or reddysh in colour: thys doth declare that red choller hath the victory. Great stronge bitter vomits, as bitter gaule in the mouth, without vomites, and vrine yellow or ruddish not very thin: these signes do declare, there doth raigne in the Body, euyll corrupted and infected coler. But if it be of lesse thynnesse, rednes, and bytternes: then it is coler, vitelline or like yolkes of Egges, that doth abbunde. Well, if the vryne be yellow and thyn, hauing small residence in the bottome, and great bytterne in the mouth, then Citrine colour, is a Lorde, and ruleth aboue nature, therefore this and the rest, ought to be purged with medicines, made accordyng to the art, to put these cruell enemyes away, whych els will put the whole body, with all the members, in perill of dissolucion and death Marke when slouthfulnes, dulnes, idlenes, wearines, and heauines be greater, than they be accustomed to be: the appetite increased, and thirst diminished, and all the members, as though they had ben weary, after some paynfull labour, when these signes do appeare, then Melancholy must needes be purged with speede. If the veines be full, most chyefely in the Face, also when as the pulses be very full, with plenty of sweete spettle in the mouth wyth swellyng, & the blushyng in the face, heauinesse, painfulnes, and wearines in the shoulders, as it happeth after labour, or bearing some heauy burden, and the vrine thick and red, in these men Blood doeth plentifully abound, which may be helped, by the opening of the veine Mediana or Cephalica, or applying of boring glasses, with skarifying the place first if either purging do seeme to long, or els the opening of the veine, is not don accordingly. &c. Electuariū of Succorosarum. &c. be good to purge blood.

Signes manifest declaryng what humours bear the greatest rule, in the bodies of Men and Women without which it is not possible to purge, accordyng to arte but rather to kylle.

Signes to know when Melancholy doth approch. after whome commeth the quartaine.

Sickes.

HOw then doe you purge phlegme, whych is one of the foure humours. I pray you tell mee? For lacke of medicine, conuenient for the same: there bee many whych be dayly cast away, as it appeareth by the rules of Phisicke.

Health.

TO speake of phlegme simply, it must bee purged wyth these Medicines, as wyth Benedicta laxatiuæ, Catarico imperiali: decoction of Polipodie, Agarike. &c. But salt phlegme is purged with the holy bitter medicine, which the Grecians call Hiera picra simplex, Theodoricon, Anacarde, Hyperisticon. &c. Sweete phlegme must be purged wyth Hyeralogodion of Memphis: and the strongest Hiera picra, and such like things, for purging sweete phlegme, as appeereth in the compounds of medicines.

Purgers of flegme.

Sickenes.

How do you purge burnt red Choler, which is hoat and dry?

Health.

TO purge such choler, is with Trifera Saracenica, Electuario frigido, Oxyphœnicum, wyth the decoctiou of Mirobalans, Cassiafistula, Tamarindes, Vyolets, & Manna of Calabria. Choler infected, must be purged w̄ Anacardium, or Agni corais, which groweth vpō a tree in India, whych tree, geueth fyre of it self, & bryngeth forth fruit like vnto Lābes harts, but very small, hauing a bloudy iuice: of this Rasis maketh a good cōfection, for simple take it is venemous. There is also an excellēt *Antidotū*, in the. 217. Cap. of Nico-

The Manna of Calabria is the best of the worlde, & falleth downe in the nighte, as dewe vpō flowers and leaues.

of Nicolaus Mirepsus, in his booke of Antidotaries called Theodoreton, or Gods gyft, wherein Anacardus in brought is. &c. Whych medicine doth help the head, lunges, stomacke, liuer, spleene, goute. &c. And also purgeth Choller, so do with Hiera picra simplex, Rubarbe, Diaprunes. &c. But when Melãcholy, that colde, dry, wretched Saturnus humor creepeth in, with a leane, pale, or swartysh colour, whych raigneth vppon solitarye, carefull musyng Men: whych humour at length, breedeth and bryngeth forth a terryble Chylde, called, the Feuer quarten, the same if he bee not corrected, and banished away, wyll be hys fathers death. When he appeareth, correct hym thus, as wyth the strongest Hieralogodion, wyth the decoction of Sene, Epithymum, Hamech. &c. But in case the humour be compounded, then you must also vse compounded medicine: for medicine simple, doth rather hurt, than help in such cases. And why so? Mary beyng symple, it purgeth but one humour, & suffereth ẏ other corrupted humours to remayne: & what is ẏ cause thynk you? Truly none other, but ẏ it is to weake, & lacketh strength and force, whych ẏ compounded medicines. As example. George Tomson of Keilshall in Suffolke, hath a Feuer tercian (well) your good wyll is to help hym, & you geue hym a symple medicine: but what doth your symple medicine profyte hym? Nothyng at all. For he whych hath a tercian, must be purged of choler, & in such a case, because phlegme is mixed wyth choler, your symple may rather put forth phlegme, whych is moyst, and not moue choler, which is hoat and dry, yea, the very cause and worker of the rygour in this tercian, and so when nature hath moisture drawen away from her, whych should quenche the heate, then to conclude, choler shall become more hoatter, vehementer, and cruel to nature, through a simple medicine, foolyshly geuen of a good intent.

Theodoraton a diuine gift.

Melancholie the worst humor of nature he begetteth a sonne called the Quarten. Compounded humour may not be purged with a simple medicine, for they are to weake.

An example betweene a simple & cõpound medycine.

The fyre wyl get the victorie, if the Water bee not equall, or haue the masterie. Good intentes and good actes, be two thynges.

When bloud doth abound, or breaketh forth at the nose, cõmonly on the right nostryll, or spetting of bloud. &c. then diminishe it, as I haue sayde by discreete openyng the veyne, wyth a fyne Lancet, and no flem wyth a bearde, lyke to a bloud Iron, that Smithes do let horse bloud wythal. For they wyll sometyme cut a veyne through both the sydes, & cause a crampe. &c. Also in diminishyng of bloud, let not the Chirurgian without counsaile, or vppon auncient experience, take or open the sayde veyne or veynes. As example, William Downaby of Iken hath a grieuous payne in hys head wyth ache, he can take no rest. &c. there is no remedy, but to let hym bloud: the common Barbar doth take hys Lancet, & openeth a veyne, as ẏ blynde man shooteth at a Crowe, he taketh the fyrst that commeth to hand, or appeereth greatest, perhaps a Synewe, whych may chaunce to let out ẏ spirites of lyfe, & kill hym: well, in case thys Barber, for the paynes of ẏ head, intend to open Basilica, whych is vena interna, or axillaris, growyng through the arme hoale, & bryngeth both from the heart and Liuer, whych are his rootes, and through ignorance, do open a great sinewe hard by it, whych is lyke a veyne: in whych sinewe the spirites of lyfe doe swiftly run vp and downe, mixte wt the bloud of lyfe. What hath he done now? Mary slayne one. And what is theyr refuge in such a case? The sygne, say they, was in ẏ place, & he would be needes letten bloud. But in case if ẏ Barbers cunning

Ignorant Barbers, their fruictes.

be better,

be better, and if he open Basilica wythout hurt, what doth this help ỹ head? Nothing, or els very little at all. But if you will help M. Downabies head, open Cephalica, called vena externa, with a long cut, to let out grosse blonde, & foule matter, and cut not deepe, for feare of apostumacion: this veyne I say helpeth his head, to purge fyrst with, ə. j. ß. of ỹ pilles of Hiera simplex, a day before is better. Now if his paynes be in hys breast, or right side, pe or pleurisy, then open the veyne called Mediana, the middle veyne, whose parents be Basilica, and Cephalica: this Mediana or Cardiaca must be opened somewhat ouerthwart, & so shall he bleede wel, to help the grieses aforesayd: but when the matrix, raynes, Bladder, or Marde, be troubled with griefe, stopping, or swelling, & mutch paynes, then in a vessel of warme Water, open vena talie the Ankle veine, called Saphena: for this old creeping vulcans, or lame sickenes, called Sciatica, with paynes in the Huccle bones, can neuer be better helped, than to purge with Hiera, to anoynt with Oyle of the same, as appeareth in the Compounds, & to open the foresayd Sciatica veine, which is one of the middle, & toward the out syde of ỹ foote. And thus to open veynes in order, is the best way: and when time of blond letting, is not conuenient, the apply boxes with scarification, euen as the place, humour, & time doe requyre, and this shall suffice of purging humours, wyth bloud letting.

Obseruacions in blonde letting.

Sickenes.

I Trust to obserue these your sayings very well, deere friende Health. But how should I know, when medicines haue taken theyr effect, and wrought accordingly, to thende of theyr force, and vertue?

Health.

THus you shall know, fyrst, there is no man, but doth take medicine, to put away some griefe: and when the griefe is past and the body quiet, and no payne in the stomack, then the medicine haue wrought his good effect. Then you may geue the broth of a Capon, Chicken, or Hen, sometyme Almond milke, or cleane stewed broth, drynke small Wine, of colour yellow and cleane, and vse moderacion in eatyng and drinking, vnlesse there folow an ephemerall Ague. Now the next day after purging, the pacient may go to the stophe, or bathe: so that he go thither, taking no cold, or do no labour, by the space of three daies, & then to vse moderate exercise, and to feede vpon meate, that will ingender good humours. And thus to conclude, the body, or any that are sicke before time, shall now be conuerted into a new nature, through the helpe of Nature, and medicine?

To knowe, when medicine haue wrought their effect.

Sickes.

What els I pray you, is to be obserued in medicine?

Health.

THree thynges are to bee noted, Tyme, Humour, and Region: where purgacion is to bee ministred. Fyrste, as touching Tyme, there be two diuersityes: The one is the tyme of the yeare, and the other is the tyme of the Day, and Night, in which euery Humour hath hys being. For according to the variation, and alteracion of the time of ỹ yeare, the maner of the purgacion must be altered and chaunged. And Hippocrates sayth

Tyme, humour, region are chiefly to be considered.

tes sayth, we must purge the vpper partes of the body in Summer, & the neather or lower partes in Wynter, (for why?) The humours do folowe the property of time. In Sūmer purge wyth Vomits, in Winter by the stoole, & not without a good cōsideration of ỳ time, age, & kinde of disease, & habite of ỳ body. For they, which haue straycht throates, may not be purged wyth, or by Vomit, for feare the spirite & breath of lyfe be stopped and strangled, & so through choaking, ỳ body be killed. Agayne, purge not olde men, by the reason of the coldnes of their complexion. In Sūmer purge aboue, early in the morning. In Winter purge beneath, late at night. In the Equinoctial time, prepare at euen, and the next morning after your preparatyue, purge by Electuarie. &c. In extreeme hoat Regions, no purgacions: in extreeme cold Regions, none also. Neyther in the dayes, wherin be not temperate, as to hoat wyth the Sunne, or to colde wyth Frost. &c. nor in the Caniculer dayes, except great neede requyre.

Purge by-ward in Sūmer, & down-ward in Winter.

Sickenes.

How must the day, and the night be considered, in purgacions?

Health.

Whereas the time of the day and nyght, be in length. xviij. houres, wherin is called the artificiall day, & artificiall night, which. xviij. houres, make but one naturall day, deuided into foure times sixe for the foure complexions. For euery Complexion hath hys gouernment, & Dominion sixe houres. Fyrst the bloud beginneth at nyne at night, & continueth vntill three in the morning. And choler from three after midnighte, vntill nyne before noone. And so the other two humours: fyrst melancholy, & phlegme, haue eche of them syxe houres, wherein they doe raygne, & gouerne the body. Now if it be Sūmer, & then you bee mynded to purge choler by vomyt, then you must geue the sayd vomit, a little before ỳ houre of the day. So that when it hath remayned, and stayed it selfe a whyle in the stomacke, it may worke in ỳ houres of choler, to purge the same. In ỳ lyke appoynted houres, to purge melancholy downward, in his houre and make euacuation of it. If thou wilt purge phlegme, let the pacient rest a Gods name, by the space of three or foure houres in the night, & then wake, and take his potion, or medicine, a little before Midnight, & not sleepe after it, vntil it be purged. Now if you will purge bloud, in the morning open a Veyne, except very olde, or yongue, or people consumed, or women with childe, wyth such I dare not haue to doe. If you will purge humours, otherwayes than thus, that is obseruing the houres, yea, & the mansions, or course of the Moone: you shall greatly erre, & do more hurt than good.

The day naturall, and the day artificiall

The foure cōplexions raigning euery one vj. houres

The aged, the very younge, weake folke, and women with childe, may not be let bloud.

Furdermore, consider the diuersity of humours, if bloude abounde, hee must be letten forth by ỳ veyne, Cephalica, or Mediana, &c. If Choler bee to mutch aboue nature, then purge by vomite: but if choller bee mixed with bloud, then let bloud as I haue sayd, vnles the matter be contayned in the neather partes of the Belly, then purge by Clister or potion. &c. If flegme or melancholy be beneath, purge downwardes vnles it be about ỳ mouth, or entrance of the stomacke, or ỳ vpper parts of ỳ body: marke & wisely cōsider the tyme, in all these thinges, for that is the chiefest poynct of all. For euery thyng, sayd the wyseman, hath his proper time vnder heauen. &c.

Matter in the veynes must be put forth by bloude letting & in the belly by Clister, & in the breast by vomite.

And

And regions by which here in this place, the humours be consid'red: also the places of purging, the vpper part, the neather part, the nostrelles, roose of the mouth, pozes of sweatyng, and veines of bleedyng, &c.

Sicknes.

What say you then of place, in whom the matter is contained?

Health.

THE place in deede, as I haue sayed, must bee considered in whych a medicine shalbe giuen: whether it be hoat in Sommer, oz to colde in Wynter. If the day be to hoate, you may cast Vinegar, Sallow braunches, Violets, Water Lillies: and bee in a low Vaulte, oz from the Sunne, and temper the place, where you wyll purge. On the other part if the place be to colde, make a fyre of Charcoales, oz a stoue, which is a fyer secret felt, but not seene. Close Windowes from wynde, in a pzety warme Chber, wyth good whole hangyngs oz seelyng. The patyent to haue light warme clothes, and slyppers, cleane, & well lyned: sweete linnen, as sheetes, shurtes, and kerchiffes, a close chaire, lyned softly wyth a backe, hauyng a cleane round bason, oz vessell wythin the same, to receiue the stooles oz purged matter. And then to haue soft Cotten oz cloth, to make cleane natures priuy place, you know my meanyng. Forget no sweete perfumes by art, foz nature wyll play the stinkyng Beast, I tell you truely. Also in thys place no noyse, noz vtter Monkish silence, but be myndfull of some honest merymatter, oz pleasaunt tale, oz thynges that wyll reioyce the spirites. &c. And this place must be thus vsed, in the tyme of purgacion: but styll I saye, beware that you take not cold, oz rather colde take not you. Foz in sutch a case, if he get the victozy, then he wyll put you into a sheete, and send you to the God of Qui Lazarum.

Place where medicine should be ministred conuenientlytoned with tyme.

Colde doeth take, and is not taken.

Sickenes

WEl good sir after Qui Lazarum: Credo videre bona domini, in terra viuentium: And that do I beleue, euen to see the goodnesse of the Lozd God, in the land of the liuyng, where I shal receyue all my body whole and sound, in as goodlye a fozme, as my father Adam was in, befoze hys moste Lamentable fall: by whome I am thus punished, wyth Mizery, care, heauinesse, Labour, ingratitude of mine owne flesh and frendes, sykenes, paines, sozenesse, & daily daunger, to haue my bloud spilt foz mine owne goods, pzison, affliction of minde, and somtime the periured enemye doth pzeuaile, with fiery tongue of slaunder, with a thousand crosses, which make me to stoupe. And to despise the woz1d, whych is trapped w Snares befoze mine eyes in ech place, and then I crepe within my selfe, whereas I do see mine own bzeast and conscience, writtenthe carefull wozds of Job, Chapiter. xiiii. Homo natus mulieris, paucorum dierum est, & repletur inquietudine. &c. Man sayth he that is bozne of a woman, liueth but few dayes, and is ful of misery: few dayes, and yet spent in trouble. Truely there is none other purging place, oz purgatozy but thys: whych Job hath poincted here wyth his fynger. The very maner, condicion, place, and turment, whych is onely Misery, deuyded into two kyndes the one is the grieuous affliction and Miserye, whych is seene wyth Moztall eyen, as I haue sayed befoze, as penurie,

The hope of ye life to come.

In Adam we haue our fall.

Acab will kyll Naboth, foz his vineyard.

When one descendeth into himselfe, hee shall beholde fearful things

Mans lyfe is both shozte and miserable

In this lyfe we haue our purgatozie, & that we feele and perceiue.

Two ſundry kindes of miſeries.

as penurie, Pyſon, ſickeneſſe. &c. The ſecond miſery is not ſeene, but felte, as the inward agonie, affliction of the ſpyrites: no inward conſolation, continuall thought, ſometyme wiſhyng that death myght conquere Life, broken heart, and vexed ſpirite, full of ſundry inward affections, and alteracyons of mynde, ſmall reſt or quietnes, ſorowfull for the death of kinred, or frendes, being chaunged into bitter enemyes, whych is a great plague. Or goods loſt, or actes done inſolently in tymes paſt: and moſt fearefull of thyngs to come, as doyng hurte, or ſuffryng harme by enemyes, or turning wyth a ſodaine fall, from the fortunate happy wheele, if it ſo chaunce, of ryches, health, worſhip, pleaſure, the victory of the enemy, and pleaſuryng the friend, and heartes reſt &c. into the pyt and darke lake of aduerſity: ſodainely depryued of theſe vayne ſlippery thyngs, and eftſones lynked, fetred, and intangled, wythall ſutch evils, as the heart, and ſpirites, doe vtterly deteſte, feare, and abhorre to thynke vpon: beſides the ſleepyng paſſions of the night, wyth carefull troubles of the ſpyrites, and dreames moſte dreadfull, of ſtraunge ſhapes, fearefull ſyghtes, and pitifull appearyng of the dead Parents, Friends, Brethren, and old acquaintance. And ſometyme the armed Enemy, with frounyng face, gnaſhyng teeth, bloudy hands, do mercyleſſe approch to kyll me, the ſleepyng naked man, embracing my delyght, eftſones the flatterer doth pleaſe the eare, and pleaſaunt thyngs approch. And the fleſh is ſoone moued, through wycked luſt, and in the twinkelyng of the eye, from dreame to dreame, the ſpirites be ſo variable: that the Nyghte to the carefull Man is the very Image of Hell, and ſpecyally to them whych feare not God: thus he punyſheth them, as Job ſayeth, in the Nyght, to reforme them. And by ſutch affliction of the night, in the time of ſleepe, which is brother to death. In whych tyme the almyghty doth ſchoole mankynde, rebuke hym, and ſuffer the wycked Enemy to ſcourge hym wyth ſtraunge viſions. &c. Mankynd may ſone thereby, vndoubtedly behold and perceiue the ſoule, whych is lyuely occuppyed, when as the groſſe ſences of the body: be ſtopped, and in a manner dead: neyther ſeeyng, hearyng. &c. Now whether it be dreame, illuſion, viſion &c. as ſome do ſay, or the effects, or workes, of the fower complexions, as the cholerike man, to dreame of Fyre, fighting &c. The flegmatike, to dreame of water. &c. And ſo in the other two complexions, or as *Artemidorus* in hys booke of dreames ſayeth, they do preſage, diuine, or ſhew before, what thynges do follow, or come after, good or bad. All theſe thynges be greate miſeryes, and grieuous afflictions of the ſoule, whych I moſt humble deſyre God, to deliuer vs from: and comforte vs wyth his holy ſpirite, agaynſt all ſutch euyll ſpyrites, whych do moleſt and vexe our ſpirites: whych are a thouſand tymes more grieuous inwardlye, than the outward miſeries of the body: as pouerty, pryſonment, & extreame age. &c. For looke how mutch the ſoule is purer than the body, euen ſo the ioyes, and cares of the ſame, be more plentifull. And this occaſion hath moued me, beyng a ſycke man, to wander from our former talke. And why? Onely becauſe you ſpake of Qui Lazarum, whych I haue heard ſonge, in a lamentable tragedye perhaps: but my ſong ſhalbe Beati mortui qui in domino moriuntur: Bleſſed be the dead, whych dye in the Lord: and happy are they, whych liueth in hym alſo: whych is the chyefeſt ligne of their election, and endeleſſe

Sorrowe for thinges paſt, and feare of thynges to come.

Proſperitie is very ſlipperie.

Horrible dremes in the Nyght.

Dreames to admoniſh men to feare God.

The ſoule neuer ſleepeth. When doe dreame, accordyng to theyr temperament or complexiõ.

Wicked ſpirites, do moleſt our ſpirites.

The troubles of the minde bee greater than the croſſes of ỹ body.

endles estate, in that place, wheras no ende shalbe of perfyt felicitye, and lyfe for euer: wheras neither ennemy, sickness, woundes, prison, or powerty shal vexe the immortal bodyes, which now be subiect to al calamityes: yea from the King and Queene, which of all be honoured, obeyed, or flattered vnto the poorest bondman, and his wyfe, with his wretched children, that be shamefully despysed, contemned and vtterly reiected. But although no manne shalbe perfectly happy before death, as the Philosopher sayth, yet the same death shal bee swallowed vppe in victorye, which victorye is Jesus Christ the Conquerour, beginning and ending of all thinges, to whom bee prayse for euer Amen.

Kinges and Queenes bee subiect to the miseryes of this worlde and haue no perfit felicity before their mortal ende and beginning of immortall lyfe.

Yet because I am a man of the creation of God, scourged with many infyrmityes in this world: by and through the same God also, many goodlye medecines be prepared to helpe mee, to releue and comfort me, vntil suche tyme as it shal please God to call me to the end of my Pilgrimage. Therefore good mayster healthy, beare with me, although I haue spoken in my greuous passion, to ease my mynd: and nowe by your patience, whereas you haue shewed me immediatly before, in what place medecine should bee geuen: Now I pray you shew me what tyme medecine should be ministred?

Of the tyme of medecine.

Health.

I Am sory for thy double affliction both bodye & mynde, thou hast told a lamentable tale: wel, I wil saye thus much to thee, many handes make light worke. Beare these greefes quietlye, thou hast manye to helpe thee in this worlde. For there is nothing vnder the sunne, but vanity and affliction of mynd. Euery liuing man hath trouble, thus must needes be wysely suffred, because it cannot be auoyded: and wyse men may not dispayre in aduersitye, for comforte will come I warrante thee, bee neither to effeminate or childish, when trouble assaulteth thee, for then thou arte cleane gone. But arme thy selfe wysely with magnanimity, forsee thende, hold vp thy heade, and synke not. Vse this world lyke a Stage, play thy part therein thy vocation, for the time honestly, serue God reuerently despise not ciuil pollicy, profit the common wealth, kepe good company, be not ingratefull to thy frend. Depart from thyne ennemy, and yet beware of thy frends, Speake gently, trust not them that commonlye vse sweatynge, slaunder, dronkennesse, and be full of iealousy. Liue of thyne owne, though it bee but poorely. Be not bond, if thou maist stand at libertye. Go not to lawe with Lawiers, for they wil hinder thee. And beware of a flatterer, he wil betray thee. Be not variable in religion, obseruing tyme, and the maners of men: But obaying God which doth not chaūge. Ther be thre sondry men, which haue done thee neuer good: The winker in his tale, the Laugher in his rage, and the Fore coloured, whiche will not sticke for bloode sheading, false witnesse, or periury, yet pray for them, and let goe displeasure. Be angrye and synne not. Let not the Sonne goe downe on thy wrath.

Eccle. v.

A three stringed whip.

Eccle.iiii. Truſt not to the woꝛld, yet behold it, and thou ſhalt ſe maruaylous things
wꝛought therin. Thou ſhalt ſee much wꝛong done dayly vnder the Sonne
and behold the teares of ſuch as be oppꝛeſſed, and there is no man to com-
foꝛt them, oꝛ that wil deliuer oꝛ defend them from the vyolence of the op-
pꝛeſſours, but onely God, therfoꝛe follow the counſaile of the wyſe man, foꝛ
Eccle. iii. there is nothing better ſayth he, foꝛ a man, than to be ioyfull in his labour,
foꝛ that is his poꝛcion. And foꝛ as much as mankynd, hath laboure, trauel,
heauines, ſoꝛꝛow, and diſquietnes al his life, and yet ſhal leaue al his laboꝛs
to others, which neuer ſaw them, is it not better then, foꝛ a man to eate &
what thing is best for man kynd. dꝛink, and his ſoule to bee merye in his laboure, and this is the gifte of God
ſayth the wyſe man. And thus to conclude, if thou be troubled in mind, pꝛay
onely to God, and aſke counſayle of the wyſe: if thou be ſick, ſeeke the Phi
ſition. Honour him becauſe of neceſſity, God hath created him. Foꝛ of the
higheſt commeth medecine, and he ſhal receiue gifts of the kinge. The wiſe-
Ecod. 15. dome of the Phiſition, bꝛingeth him to greate woꝛſhip: in the ſyghte of the
1. Regum. 4. great men of this woꝛld he ſhalbe honourably taken. The Loꝛde hath crea-
ted medecine of the earth, and he that is wyſe, will not abhoꝛre it. Was
not the bitter water wade ſweete with a Tree, that men might learne to
know the vertue therof? The Loꝛd hath geuen men wiſedome and vnder-
ſtanding, that they might bee honoured in his wonderous woꝛkes: with
ſuch doth he heale man, and taketh away the paynes, of ſuch doe the Apo-
thecaries make a confection, yet cannot a man perfoꝛme al his woꝛkes. Foꝛ
of the loꝛd commeth pꝛoſperous wealth ouer al the ſearthe. My ſon deſpyſe
not this in thy ſickneſs, but pꝛay vnto the loꝛd, and he ſhal make thee whole,
Eccle. 38. Leaue of from ſyn, and oꝛder thyne handes aright. Cleanſe thyne hart fꝛom
al wickednes: this is the counſayle of Jeſus the ſon of Syꝛach, in his holy
Good counſell in the tyme of trouble. boke. Chap. xxxviii. And now ſhal I ſhew vnto thee, what tyme medecine
ſhal be geuen. Then do thus. Somtyme medecine is geuen to ſleapward,
oꝛ befoꝛe ſleape: and ſomtyme befoꝛe day, in the moꝛning, to ỳ waking time.
Firſt in the tyme of waking. then geue Liquid, oꝛ moyſte medecines, and
alſo eaſy: and ſpecially when we muſt purge light humours in the ſtomack.
Foꝛ as a moyſt liquid medecine in Potion is ſoone diſſolued, euen ſo ſhe wil
ſpedely and quickly, do her duty, and woꝛk her feate effectually in her place
whereas ſhe hath power to conuert actiuely, and chaunge thinges into hir
Medecin doth chaunge and meate is chaū ged. owne pꝛoper vertue. Therefoꝛe note this, that when ſuche medecines
be miniſtred: if the Pacient ſhould then ſleape, at ſuch tyme as the naturall
heate beginneth to encreaſe, then the ſayd ſleape letteth the vertue & good
operation of the ſame medecine: reſoluing the body into paynful ſweat, and
attractinge and dꝛawinge humours out of oꝛder, makinge the Paciente
ſicker.

Item in as much as Liquide and lighte humours, bee ſoone diſſolued,
then it followeth, that the ſame humours doe eſtſoones come to the place
of expulſion. Therefoꝛe to conclude, if the ſaid Pacient do ſleape at that pꝛe-
ſent

ſent,it might then chaunce,that ỹ medecine would not conuert, or chaũge the humoure,or caſt it forth: but rather reſolue humours, in the body,which would cauſe moſt paynful peril,and noyſome ſicknes and diſeaſe,whyle as the putrifyed matter remaineth ſtil in the body,not purged. But when as the pacient hath taken but a light ſupper,he may take pilles, ſo that the ſaid pilles be new, and the pacient not very fat,for fatte men and women haue ſmall guttes,and pilles may chaunce hurt them.And when we purge hard matter,or humours in the extreame partes of the body,wee miniſter pilles, But for as much as pilles be harde of reſolucion within the body,one may ſleape wel vppon them,before they be reſolued.For ſleape bryngeth inward warmnes: and warmnes maketh reſolution, and furdereth the worckinge of Pilles,which muſt take their effect in the extreame partes,as head:handes, and the feete.And thus I ſay,pilles may be geuen without hurte,whē the pacient goeth to his natural reſt and ſleape prouyded, that in the morning,when they begin to worke,then the ſayd pacient muſt ſleape no more at that tyme. And note that pilles may be confected,of al kyndes of medecines, and there be pilles geuen before meate, for them which haue euil digeſtion,called Pilule ante cibum.

Why purgations worke not naturally.

One may ſleape after pilles,but yet beware of olde dry pilles.

Pilles may be made of al kindes of medecines.

Sicknes.

SOmetyme it commeth to paſſe,that in a manner vnaduiſedlye, or ſodaynlye, the Phiſition doth geue a Purgation or Medecine, not conſidering the complexion of his pacient ,therein doth he wel or no I praye you?.

Health.

THE complexion would be knowen, but when there is no opportunity or leaſure to know the complexion, whether it be hoat, cold, moyſt,or dry.In this cauſe let vs vſe a preuenting medecine,or an Antidotarie, whereby wee maye both prepare ỹ way,and alſo know whether the matter be hard or ſofte, to be remoued with the ſame preuentyng medecine, eyther yea or no:alſo in this caſe, let ſomthinge be miniſtred before, which may gently reſolue the humours, Benedicta laxatiua,ſtomachicum carthaticum ,imperialæ.Or els let vs geue to the pacient ſome gentle pilles,and decoction of Polipodie, Agarice, and Hermodactiles, tempered white wyne, putting thereunto purifyed and cleane hony, and then geue it to the Pacient when it hath ſtande vntil it come to a reſidence doce the ſame with Polipodye, Eſula, ſodden in wyne, puttynge in a lyttle Cinamome. For this doth reſolue and vnbynde flegme, and Purgeth it well, or elſe gather ſolutyue and loſynge Herbes: as Mercurye, Beates, Mallowes &c. ſeeth them in fatte Porke, puttynge in a litle Sene.And in caſe this loſe the ſayd Sicke Pacient, if he marke the quantitye of the Euacuacion,or thinges purged, ſo hee may be contented therewith.

The obſeruation of complexions.

If he feele moze grieke in the belly, oz payne burninge, oz noysomnesse: hee may then prepare a stronger, oz one weaker, according to his humour, age oz tyme of the peare, oz habite of the body. And in all medecines beware of this, that nothing be taken in the fitte, rigour, terrour, oz howze, when the pacient shal be vexed, tossed, oz tormented with quotidian, tertian, oz quarteine. &c.

To geue medecine in the fit of a Feuer, is perilous.

Sicknes.

Furthermoze, it cometh to passe as is dayly seene, that there be many feeble stomackes and fearful eies, that do not onlye abhorre to se medecines. Some foz their blacknes to behold, as Cassiafistula, oz bitternes in tast, as *H*iera picra, oz fulsom to smel, as strong pilles: yea, it no lesse greueth thē to behold oz see the vessell, in which the pocion is kept in, thanto drinke the same pocion, oz bitter medecine, contayned within the same. Such bee the weake, feble, nyce, stomackes of many, God knoweth why, foz nature hath made them no stronger. Foz the feble stomacke of a tender Gentlewoman may not bee compared in foyce, to the boisterous, rough greedy oz strong stomack of the Carter. The sight oz smel of vyle thinges, doth him as smal displeasure, as the sweete odours, and pleasaunt aspectes, doth hurt the delicious senses of the tenderlings, oz carpet muses. I say the barberous vplandish Jenking with torne hose, and clouted bootes, foule shurt, and thredbare bonet, long lockes, and crumpled handes, and gryned, scurvy countenaunce, with gauntlets made of Soyels hyde, armed with a peece of a Motley mantel, bodly charging a long whipstocke, with croppe and laniarde, agaynst Rudde oz blynde Baiard: which traile and drawe the laden Cart, & bend their backes with continual burdens, rewarded with vnpleasant foode. This vnseemly grome oz Carter, driuing his cart, I say, yet is he a child, and feeder of the common wealth, with Cow, sheepe, and plow, in the Clotty fyeld following the share and Culter, after the dreaming steps of the deepe treadinge Dre: which treadeth on the foote of each poze man in the country. These sillions which vse no Speares, but Spades, and fyght their combats with flailes, in solitary Barnes, among the Sheaues, fraynge the Wise into the Chaffe, when Snow and Frost maketh Cowe and Calfe to tremble in couart, and Swyne to lurke in cotte, foz feare of the Nozthren, sharpe cutting wynd. Long blacke nightes, and shozt cold rayning dayes, vncouered naked trees, shrouded with Snow, vnder whom lurke the hongry byrdes. At such tyme as the playne people do spend, consume, and bring to nothing their substaunce among their labouring hyndes, Sōmers fruits, not without Winters trauell God wotte. If Saturne cast fozthe then from his high cold Throne vpon them, hys malicious euill infoztunate influence: when hee with Syeth in Hand, and gray Hoary Lockes, doth creepe into the first House of the Heauen, oz fallyng angle. Frō whence he poureth fozth: sayth Haly among mē gret infyrmities, melancholy, falling euill, madnes, lepzosy, quartens, & also euery sycknes ỹ commeth of coldnes & drines &c. And dryueth the playne people to theire wits ende, which lacke prouydence, to foze

Weake stomacks cannot away with strong medecines.

Cow, sheepe, & ploughbe our Nurces.

The life of the playne people in the country

Hali de iudicijs Astrorum pars octaua. Cap. vij.

to foꝛſee and pꝛepare medecine, fitte foꝛ their defence, of whom God taketh the onely cure and charge, from an higher place, than wheꝛ as old Saturnus doth dwel, vppon the ſymple ſoꝛt of moꝛtal men: he careth foꝛ the ſtraũger, fatherles, and widow, and opneth his hand, & filleth euery liuing wight with plentiouſnes: and is neare vnto them that doth call vpon him faythfully, and there is none of his, that are fallen into any miſery, but he ſeeth their fall, whether it be pouerty, pꝛiſonment, exile, care, agonye, affliction, oꝛ veraction of mynd. &c. Then with mercy and pittye hee putteth foꝛth the hand of his pꝛouidence, and lifteth them vp, and helpeth them in the dayes of their carefulneſſe, makyng them pleaſaunt. Geuing them reſt, and quiet ſleapes, while as the vngodly, doth remoue their neighbours land marks, And rob them of their cattell, and by extoꝛcion kepe them from their own, and oppꝛeſſe the widowe and fatherleſſe, makyng them goe naked, yet theſe people pꝛoſper foꝛ the tyme, although they murder the ſymple, But at length the ſhadow of death ſhal come vppon them: and they ſhal goe into hoꝛrible darkneſſe. And thus haue I read in a lamentable booke, of one, who had experience of miſeryes infinite, Sickneſſe, and ſoꝛowes: yea, this Job was onely ſickneſs, whoſe ſeruaunt I am: and what is the chiefe helpe', oꝛ to whom ſhal I the ſicke, pooꝛe, feble man reſoꝛt? Euen to him that my maiſter Job went vnto. Who was that, I pꝛay you? Was it the Chirurgen, Apoticary, oꝛ Phiſicion? &c. No, no: It was the Almighty God, without whom euery artificer, both in Philoſophy and Phiſike, their woꝛkes take none effect, noꝛ any good ſucceſſe, although they do excel in knowledge, learninge, iudgement, and pꝛactice. Therefoꝛe I do ſay, deare friend Health, with the Pꝛophete Dauid, in his Hymne, oꝛ Songe: I do lifte vp myne eies vnto the mountaynes, from whence commeth helpe to me? My helpe commeth from ỹ loꝛd god, which made heauen and earth: and here I do gather, if I be ſoꝛe oꝛ ſick, weake, oꝛ wounded, troubled, oꝛ vexed, although I lift vp myne eyes vnto the mountaynes of this woꝛlde, foꝛ the health of my body, as to ỹ beſt Chirurgians oꝛ Phiſicions, which as I haue ſayd, do excell in knowledge and pꝛactice. This is nothing if my helpe come not from heauen, from the fountayne of Phiſicke: euen ſo, foꝛ the health and regiment of the ſoule, when it is ſicke. The mountaynes of Saincte, Angels, and men, can not pꝛeuayle, except the very ſaluation, attonement, health, pꝛaiſe, and quietnes, pꝛoceade onely from God, which is verye Salus, that is, health, oꝛ Soſpes, the health giuer: & vpon him I do onely depend, which dwelleth in Heauen.

Pſal. cxlviii.

Pſal. cxlv.

Iob, xxiiii.

The end of the wicked men.

God the very Phiſicion.

Pſalm.

Health.

IF he be on your ſide, who can be againſt you? Nothinge in Heauen, Earth, oꝛ Hell, is able to moleſt you: if you be vnder the ſhade of his Winges, you are ſafe from all Stoꝛmes. I dooe commende youre Godlye zeale, and faythfull affection to Almightye Godwarde: al be it, you ſeeme vnto me, to wander in this your communication, from the path oꝛ line which was layed out ſtraight, betweene you and me, which was the regiment and health only of the body. And you do declare of the miſerye of the common people, and of the calamityes: and ſaye.

Roma. viij.

God doth woꝛke by miracle, and meanes.

when they fall sicke, they lacke prouidence and helpe among themselues. but onely God. Marye I saye also onelye God. But howe? That God doth alwayes sende healthy withoute meane? No: For almightye God doth worke by miracle, and by meane: by miracle, as when he raysed the deade, Clensed the Lepre, &c. By meane, when with Claye he opened the Eyes of the Blynde: and with Spattle he caused the Deafe to heare, yea, and commaunded the Apostles to carye Oyle with theym, to heale the Sicke. Whye do you then talke thus, leauyng out this woorde meane? Which is lyke vnto an hande, which worketh for euery thinge, both without, and within the Bodye. By which meane, the holy Spirit of God is perceyued, as example. The Apostle .i. Corin. xii. Chapiter. The gyft of the spirite is geuen to euery Man, to edify withall. To one is geuen throughe the Spirite the vtteraunce of Wysedome. To an other the vtteraunce of knowledge, by the same spirite. To an other is geuen Fayth, by the same spirite. To an other the giftes of healynge, by the same Spirite.. &c. Loe here you see healing is the gift of Gods spirit, which is God the holy Ghost And although the gyft of healynge, was plentifullye shewed and powred in, and vppon the holy Apostles, which wrought both with miracles and meanes: Yet it cannot be denayed, but dyuers which had no fayth heauenly, or the gyft of Fayth, yet they had the gyft of healyng. For they be seuerall gyftes of God.

The holy Ghost.

Infidelles haue singular giftes of God.

Hippocrates, Galen, Auicen. &c. had not the gyft of Faith, and were Infidels, beleeued not in God, nor in his sonne Chryste: yet God bestowed vppon thē excellent knowledge of Natural thinges, as appeareth by theire learned Bookes, which be Candels to geue light to Phisitions, to the worlds end, for the incomparable learning and cunning which is written in theym. Thus God hath made the very Infidels, meanes to helpe the Christians, which you may not denay. Neither thinke the playne people to be so ignoraunte, but when they be sicke, they can send to the Phisition, or Chirurgē for helpe: as wel as they wil send to the Mill, to haue theire Corne ground, Or to the Shoemaker for Shoes, to defend theym from goinge barefoote. What would you haue the Carters (as you terme them) so miserable, or wout wit, or worse then the Dogge: which can licke his wounde, and chose his vomittyng grasse? That should appeare by the fruites of poore men, I meane their children. I pray you, be not mitours set vppon the headdes of Plowmennes sonnes? and do not the children oftentymes, of obscure, skant yomen, and very abiectes, possesse both ryche houses and lands, where somtyme their parents would gladly haue serued in the Kitchen? &c. What is ye cause? It should appeare vertue auaunceth, and learning helpeth. Exclame not neither bewayle these poore ones estates: for they can see daye at a little hole, and liue as merye, the olde prouerbe sayth, as whyte Bee in Hyue. I pray you pitty them with measure, vnlesse your large lamentacion should gene occasion, to nourishe Idlenes, nor that men yet shoulde disdayne the poore But who so stoppeth his eare at the cry of the poore: shal cry himselfe and not be heard of God. Nor also that poore people, should disdayne, murmure, or speeke euil agaynst theyraltation, or aduaunsement of them

Poore men be exalted through vertue.

Math. xxv.

Psal. cxlvii.

whom

whom God hath plucked out of the duſt, to be his miniſters in the rule of this woꝛld. And as foꝛ thoppꝛeſſours, be pacient: foꝛ the ſame god that geueth them pꝛeparatiues with warninges, as the plague: wil alſo geue them a purgation, and expulſe them from hym, except they do repent. Foꝛ gather they neuer ſo much, beware the third heire of an extoꝛcioner, and oftentymes he doth not enioy his goods himſelfe. Foꝛ Salomon ſayth: Hæreditas ad quam feſtinatur in principio, in nouiſſimo benedictione carebit: The heritage ỹ commeth to haſtely at the fyꝛſt, ſhal not be bleſſed at the ende. And in an other place, ſayth he, who ſo hoꝛdeth vp riches, with the diſceiptfulneſſe of his tongue: he is vayne, and a Foole, and lyke vnto them that ſeke theire owne death, this is their end. Therfoꝛe, my bꝛother diſquiet not thy mynd, content thee in thine eſtate: kepe thyne owne goods, ſpend them to Gods glory, delyꝛe none other mannes. And when thou doſt ſee the wicked in great pꝛoſperity, diſdayne them not: neyther fret thy ſelfe, thou haſt nothing to do with them, but to make accomptes foꝛ thyne own ſelfe: and be not foꝛgetful of the Pꝛophetes woꝛdes when he ſayd: Noli emulare in malignantibus, &c. that is: Fret not thy ſelfe, becauſe of the vngodly, neyther be thou enuious agaynſt the euil doers, foꝛ they ſhal be cut downe lyke graſſe, and be withered euen as the greene herbe. Put thou thy truſt in the Loꝛd, and bee doyng good, that thou mayſt dwel in the Land, and verily thou ſhalt bee fed. Delight thou in god, and he ſhal geue thee thy hartes deſyꝛe. Commit thy way vnto the Loꝛd, and put thy truſt in him, and he ſhal bꝛing it to paſſe. &c If thou art troubled in thy mynd, reſoꝛt vnto his holy woꝛd: and miniſters foꝛ the ſoule. And whereas thou art ſicke, and ſoꝛe in body diſpyte not his ꝛdinary meanes, but honoure ỹ Phiſition, becauſe of infyꝛmity: the almighty hath cꝛeated him foꝛ ỹ purpoſe, ỹ thꝛough the vertue of Phiſicke, thy name may be chaunged from Sickneſſe into Health. I therfoꝛe wil now ceaſe, & giue place vnto the Diuines, and Moꝛall men, which with tounge and pen can geue good counſayle, and heauenlye Coꝛdialles foꝛ the ſicke, ſoꝛe, afflicted ſpirite.

Prouer.xx.

Sodaine gotten ſubſtaunce remaneth not longe.

Let no man be angry with an other mans folly.

He which loueth God, ſhal haue hartes reſt.

Eccleſiaſt.

And now to the fyꝛſt part of your queſtion conſerninge Phiſicke, which is the race wherein we begunne to runne. Let vs nowe come agayne into that playne path, hold on ſtil, & then we ſhal the ſooner come to our waies end. And then ſyt vs down, and reſt vs quietly a Gods name: foꝛ reſt is an Image of Heauen, after laboure. Your queſtion was thus, of them whiche do abhoꝛre the ſyght, oꝛ ſmelling of medicin, being ready to vomit alſo, to beholde the veſſelles, wherein medecine was giuen: to that queſtion you anſweared your ſelfe. The cauſe was, the ſtomacke doth abhoꝛre thoſe thinges that offend the ſences, as in ſeing, ſmelling, &c. But in dede our ſence of ſmellyng is woꝛſe then any other liuing beaſtes, as Ariſtotle ſayth in his booke of ſences: Odoratum peiorem habemus quam alia animalia. Furder ſayth he, man only doth ſmel and take delight in the odours of flowers oꝛ ſweet thinges: Euen ſo doth his nature abhoꝛre ſtinking thinges. But ſpeciallye they which bee cleane of Nature, oꝛ by accidentes. And this is, knowen by natural Philoſophy, and Phiſicke: and wheras the Philoſopher doth leaue there the Phiſition doth begin. Although there be many ſecrete hidden deſyres

Ariſto. in libro de Sens.

Nature hath manye hidden desyres. vn knowen to the Phisitions.

syres within nature, knowen onely to the same, and hydden from ỹ Phisition: As example, some women beyng w̄ child, desyre Tarre, yea, I haue seene them eate Sope, and hurt them not, with other vyle thinges, that I wil not name. Without nature had led them, death would follow: yet Phisicke compteth them deadly. These bee the secrete hidden thinges with in nature. But now to the question.

When nature is so weake and feeble, that it doth lose and abhorre, to see or smell medecine: the best remedy is thus, that you gene laxatiue Claret, made after this maner.

Medecines for feble stomacks to purge gētly

℞. Cleane Claret, or white li.r. of Polipodie, Hony, ana. li.ii. Agarik ʒ.ii Cinamon, Cloues, Spicknard, Ginger, Galingall, ana. ʒ.i of Peper ʒ.iii. First make it thus: temper the clarifyed Hony with wyne and draw it through a Colander, and stampe the Polipodie, and strongly strayne it, and seeth it to the third part, and beat your spice into pouder, and put them into a bagge made of a peece of a serce or bulter then put your tempered wine, Hony, and iuice of Polipodie, togeather, put in your bagge with spice, and seeth all in a closse vessel wel Tinned, and strayne your bagge oftentymes. And then receiue this drinke, and geue a draught to your weake, feble, stomacke, according to your strength. And for Hony you may put in cleane Sugar, and to your spices, you may put to Sene. ʒ.iii. And when you drinke of this, you must drinke cleane cold water, or runninge water after it. Nowe syr if you wil restrayne, or stop the body, when it is to much laratiue: or draweth nature to vehemently. Then giue hoate water to drinke, and this is both pleasaunt, and profitable to nature, although to many it seme vnpleasaunt. Thē take spices in pouders, according to the property of the humour, or complexion, which ought to bee purged, puttyng the water and the sayde spices w̄ a little Sugar, into a closse vessel of glasse and seeth it in a vessel of water. Prouided, that the sayd vessel of Glasse be wrapped in Haye, or els stande in a playne stillitory, making a good fyre vnder the same, and then you maye take it forth, after it be well and closse sodden, and strayned. And eyther receiue it your selfe, or els geue it to others. But if it bee bitter, put in more sugar into the same, to please youre stomacke. The more spice you do take, the more vertue it hath for the melancholy, or flegmatike.

Item you maye doo thus, take a meane quantitye of Elleborus albus, chopped small with a cuttinge knife, seeth it with Barley, with cleane Water, into a thickneſse. Then feede an Hen eyght dayes, with the same Corne, and Elleborus, and at eyghte Dayes ende, kyll the same Henne, and seethe it, and put in no Salte but Croomes of Bread and Sugar, and drynke thys broth. Put in Manna if you will, and eate the flesh of the same Henne, and it will purge the same, without anye molestation or hinderaunce to Nature, I assure you, and that I haue prooued. Euen so haue a greate nomber proued, Elleborus albus, to theire greate hurt, and perill of death by vomittinge, yea, almost erpyring among the Dogge Leches, and murderers. But beware of them, and then thou shalt be called Health, and no more sickneſse, by Gods grace.

Elleborus albus, the poyso therof.

Sicknes.

IS there no consideration to be had, in the ages of Men, or Women? may the medecine giuer, geue hand ouer heade, to the tender Childe, middle age, and old men, all a lyke without hurt to theym: I woulde fayn know, what to do in this case. For in the countrey, the medecine that is giuen to a woman, of. xxiii yere olde: is also giuen to a man of xlvi. yere olde.

Health.

YEs surely, diuersity of age must be considered, in the ministracion of medecines laxatiue. For purging or relaxing medecines be geuen to sondry sortes of ages: as to boies, springaldes, Lusty yong men, and to the aged. Euen so to Womenkynde in their degree of ages, euerye one of these hath his or their proper purgation. As Manna of Calabria to yong thinges, and the same to olde folkes: or els some gentle solutiue medecine, and to women with childe, no laxatiue medecine, vntil the b. moneth be past: and then put gentle ones, as Cassia, Manna, or the syrupe of Roses solutyue, Euen so she may haue some Sene of Alexandria, their leaues sodden closse in broth of a Chicken, or Mutton within a couered, earthen or Tinned potte. Also suppositours may be gyuen to these foresayd folkes, that be excepted in purgacions. And furthermore, with discrecion, the aged may receiue a gentle Glister: because the sayde aged be grieued with corruption of the raynes, bladder, and guttes. For if childzen bee purged much, because the humour is light: they shall be in daunger of their liues. And liuing, the sayd purgations wil make wretched. alter the complexion, and expulse the natural moysture, wherupon they should encrease and grow. As we see yong childzen hauing lares, be wretched, leane, swelled bellyes, crampe, and conuultion. &c. The aged also in such, shal lose moisture of blood, and fall into melancholy, dryues, feblenes, lacke of sleape, & consumption, through resoluyng of a strong laxinge medecine. But yet to them which be not in extreames, eyther of age or sickues: ther be many gentle resolutions, or clensynges of humours, and may be geuen without daunger. As Reubarbe infused in Cichory water, or the water of milke, and Myrobalans. But by the way of Parentheſis, let euery minister of medecine feare to geue any thing that doth, or wil dry the body, or bodyes to much, of yonge or old men: yea, or in the middle age, specially of cholerick men. As example, I did know one, beyng then a yong practicioner, seuen yeres past who did minister a Purgation wherein was Scammonye, vnto a righte worshipful, and a famous Knight, called syr Robert Wingfeeld of Letheringham, which eft soones gaue him twenty stooles. The cause was as I suppose now, this Scammony was not prepared accordingly: and also the patient Cholericks, and then partly weake of nature, before the receite of the sayde naughty purgation. Therfore looke diligently to al that I haue sayde before: marke the tyme of the yeare, the age, quality, and complexion of the pacient. The Region or dwelling place, the goodnes, quantity, and mixture of

Men, women & childzē must take medicines according to their strength and age.

Beware of dryng medecines in Sommer for cholericke persons.

of your medecine.&c.and then you shal do no harme, nor play the ignorant murderer.

A caution for Sommer.

Now agayne to our matter, neither purge yong children nor old men in the heate of Sommer,and if you wil needes do so, then you shal bee commenced Doctor of Phisicke,wearing William Sommers hud for your labour, which wil bring you to no small estimation. So trimly to sette the cart before the horse,and to play blynde Bayard your selfe: therfore be warned, or you be reproued,or ashamed. For in the heat of Sommer, resolutiō of humours, is quickly made with purgation after which ,ensueth euacuacion to much aboundantly,to the vtter hurt of nature. Yong,lusty, or sickly persons, may be purged at any tyme: so the sayd purging doe agree to the time,and the complexions And they may take more of the purgations,than the children or old people may,because of their strength. But yet the springe tyme is best, and ỹ Dogges dayes worst to purgacion: but sickness cōmeth at al tymes, and must at al tymes be diligently watched for, as a Thiefe that wil steale away the most precious thing called lyfe, which is ours best iewel through the venim of death. But yet death finisheth and maketh an end of euery matter,and of euery persone good and badde. Before whose battle be fought we liue but vncertaynly: although we flatter our owne selues. For happines is not common to euery liuing creature: but lyfe and death be common to euery liuing thing. As Aristotle sayth in the boke of life and death Vita & mors sunt communia omnibus animalibus, And life is but dwelling of the soule and body togeather for a tyme. And in the meane season, clouted and patched vp, with meate, drinke, cloth, sleepe. And when life is in peril,then helpe Phisicke, Phisicke, I pray you helpe: we be afrayd to die godly because we haue liued wickedlye. I praye god this Caroll bee not to common, yea, or rather, there bee manye dooe so liue, that they feare no punishmente or Hel,after this life,doo they neuer so wickedlye. Excluding God cleane out of their hartes, or rather God refusynge theym for their wickednes, There is a Psalme wherein Dauid lamenteth, the wretched estate of fooles, saying Dixit insipiens in corde suo, non est Deus. The foolish man hath sayd in hart, there is no God. Would God that there wer few of them. Oh Sickness, Sickness, although thou seekest Health, and parhappes mayst obtayne it: yet thou shalt once chaunge this lyfe, and see an other World, and also God, for no man can see him perfectly before death, nor be saued, which in this lyfe, beleeueth not in hym.

Sickness.

YOur conclusion, although it did not belonge to your Exordium, is yet very Godly: I pray God graunt vs to be his, and to forsake sin Wherby we shal so quiet our consciences, that when our arriual shalbe into the next land: we feare not our Passage, or iourney from hence thither, for awaye we muste. But in the meane tyme the Image of deathe is to all Flesshe so fearefull, that Wenne wouldst be gladde to nourishe helpe and comforte Life, both manne and beaste, do vndoubtedlya

ly feare death, nature hath taught one beaſt to be in dreade of an other, the ſhepe to be afrayed of the Wolfe: the Dere of the Dog: the ſmal byrdes of ỹ Hauke. And if they eſcape woundes curable, ther be medecines, yea nature hath taught dyuers beaſtes, and ſowles to helpe themſelues, muche more man ſhould do the ſame. We therfore thanke God for his grace, that he hath geuen vs reaſon: which other liuing beaſtes haue not, whiche do excel vs almoſt in all other thinges, ioyned to their natures. As the Unicorne to haue an horne, to withſtand poyſon. The Lyon voyd of dreade. The horſe ſtrong and ſwift. The ſhepe whoſe caſt coate, maketh vs aparel. The birds to flye, whereas no man can clime the way. The fyſh to ſwim, where as no man dare folow them. &c. But only reaſon I ſay. What maketh vs els ſuperiours to beaſts? Nothing. Wel take that away, and then we be the moſt vileſt, and the worſt: & can leaſt helpe our ſelues, of any other liuing things vppon the Earth: as appeareth by the foliſh, or madde people, for els young babes. They be in ſhape and lickines, as we be. And why are they ſo miſerable? Becauſe reaſon is not there, which ſhould gouerne them, and this is a lamentable caſe, deare Health, to ſee ſo goodlye Images, lacking their principal beauty and gouernment called reaſō. Like ſhippes without their helmes, ſubiect to euery hurt and ſtorme: except the prouidence of almighty God, their only defence watched thē. Els ſhould they periſh ſodaynly, in the mouing of an hand, as God doth know: And becauſe God hath geuen reaſon, by which artes are perceiued, and good things, from the bad, ỹ ſicke from the whole, and fooliſhnes from wyſedome. Els, how ſhouldeſt thou haue ſhewed me reaſonably, the natures of medecines, complexions, age, tyme, place, quality, and quantity, &c. And therfore to the matter, in my laſt queſtion I demaunded of the age of men and women, to whom medecine ſhoulde bee miniſtred, I haue in that caſe receiued myne anſwe are, for which I geue you harty thankes, for your curteſye, and great gentlenes: ſpecially for your reuerent and godly zeale, wherein you do neither ſmell of the Papiſtes, which are the mother of al diſobedience to Princes, and the ſpringe of errours: nor of them, which be of no religion. But ſome do ſay, it is better to bee of one euil religion then of none at all. Now fyr I pray you, after our diuerſity of ages, what do you ſay to the varietye of complexion, in geuing purging medecine?

Nature hath prepared that one creature dreadeth and feareth an other.

Health

ALL is in vayne, deare frend, if we do forget the temperament, or complexions of men, or wome. You therfore do very wel in calling them to remembraunce: for one complexion, can not bare ſo much as an other in purging. No more then a little weake boye, or younge Ladde can beare as heany a burden, as a great lubber which is ſturdy and ſtronge to labour. Wee therfore giue more a purging medecine, to the flegmatike body than to the cholericke, and yet more to the melancholy, then to the flegmatike. Why ſo? Becauſe melancholy is an harder humour, then the flegme is:

and

Purge flegme more than choler, and melancholy more the flegme.

and humidity, or moisture, more aboundeth in the flegme, then in the melancholy, As crample. Therfore when you wil geue Scammonye, to anye cholerick person, geue him a peny weight, to the flegmatike, twoo Penye weight: but to the melancholy, geue three peny weight, For a cholerik mā must haue but little geuen him. The cause is, the sayd choller is hoate and dry: and if he should take as much Scammony, as the melancholy, it wold inflame him, and rather consume the pure naturall humiditye, then purge the noysome fylthy humour, which is the cause of the sickneſſe. For the slender man, may byde worst a quick purgation: as on the other part, the more fleshy, I meane flesh, and not grosse fatnes, the more he may abyde a good strong euacuation, or stronge medecine, by the reason they haue the more moysture and humidity than the sayd cholericke haue.

Choleris sone dry, therfore purge but little But the fleshy body hath much moysture, therfore purge more.

Furthermore, as concerning matter to be purged, somtyme it is muche and at other tymes, it is scarce, or of little quantity. Therfore the medecine. must be geuen accordingly somtyme much, and somtyme little, final matter is dispatched with small medecine, Except it bee wrapped, compacted, and thrust together: and then a preparatiue must be geuen, and after purged.

Of the quantity of matter to be purged.

Much humoure must be purged by little and little, & not at once.

But wheras much matter is, ther it doth require a greter medecine, not wstanding, it ought not to be euacuated al at once, but by litle and little, & by tymes if so be it be in the extreame partes of the Body, as the head, handes and feete, be the extreame partes.

And in this case. we haue ỹ noble famous prince of phisicions, for a witnes how this matter should be handled, in the best maner saying: Nam secundum multum est repente euacuare, siue replere, fallax est, & omnino inimicum naturæ. That is to say, to make a large or a quicke euacuation. or purging: Repletion, or fylling, is a disceitful thyng, and an vtter ennemy to nature. Therefore beware of extremity in all thinges, and vse the meane and best way, a gods name, what els haue you to say?

Sicknes.

I haue almost forgotten, how to receiue Moiste, or hard Medecines: it would please me very muche, and not displease you a little yet agayne to put mee in remembraunce. For Sickness God knoweth, is forgetfull Ferendum est imbecilitas hominis. The weakenes or feblenes of man is to be born withall. Good syr should they be geuen hot, or cold What say you to the matter?

Health.

Cold medecines to the whole, but warme to the weake must be geuen.

To the healthful, liquide or moist medecines, be giuen cold: & to the sicke persons, they should bee geuen warme, because the vertue of the medecine shal in them lose, denyde and expulse matter, whan the sayde medecine standeth in the stomacke or guttes: whiche in the whole bodies, the pocion or medecin wil take his effect in good part, & this must be done at Morowynge. The harde medecine, as I haue sayd at Euening moist, as pilles: lozings after midnight. Pouders at none in broth, clarified posset ale at eueninge. And why be pilles giuē at Night: Because a mā may Sleape well after them. What doth Sleape then preuayle? Because sleape maketh the Bodye warme within, and Pilles be verye harde: and therfore they must bee resolued with warmnesse. To what maner of menne.

To them, whych haue the riche mens ſickines. What is that? Forſothe the goute, whych many gentlemen be tormented wythall: as example. Syr Rychard Fulmerſton knyght, Barthram Anderſon Eſquyre. &c. For the Goute is ſore a fraide to dwell among poore men: for they keepe hym ſo hardly, and punyſh him wyth colde, and labour. &c. But the bitterest pilles of all inward medicines, do fardeſt pearce to the hands and feete, to purge and heale them. And in the feete the Goute is placed: therefore pilles bee good for the Feete. Who can denay it, whych I haue ſpoken?

The Goute loueth riche men, but is afrayd of poore folkes.

Sickenes.

After purgations, oftentimes it happeneth, that the Pacient falleth into a Feuer, called Ephemera febris, or a light Ague: whych may doe more hurt to nature, if it bee not helped quickly. What is the cauſe I pray you tell mee?

Health.

Truly, there do oftentymes chaunce, ſutch euill accidents after purgations, through ſundry cauſes. As ſometime by to mutch euacuation, clenſing, or purging. Whereupon the Spirites cauſe vnnaturall heate, and thereof inſueth an vnnatural flaming or heate called an Ephemeral, and lykewyſe it chaunceth by ouermutch eatinge or drinking, as of Wyne. &c. and alſo by colde or by attraction of ouer many humoures to the ſtomacke, or the lacke of the quantity of medicine, whych hath no vertue or ſtrength to be purged, but remaineth ſtil in the ſtomack, and thereby both continue puttifed, hurting the body & making a feuer: if thys do chaunce, then put the Pacient into a Bath, if hee bee able. And let there be made a good fyre, or hoat houſe, for thys Pacient, and anoynt him before & behinde wyth Vnguentum dialthea, or els wyth Vnguentum Martiaton and bryng him cloſe wyth clothes, from the baine or Bathe to hys Bed, & keepe hym from ſleape eyght houres: and ſo ſhall he be diſpatched cleane, and made whole, being purged agayne, to clenſe the inward partes, as the ſtomack. &c. But if ỹ Pacient bee to weake to come to the Bathe: refreſh him in his Bed, wyth holſome ſuppings. Keepe hym warme, in a ſweete chamber, and then geue hym an eaſy laratiue, of drawen Caſſiafiſtula. ℥. ſ. wyth water of Borage. ℥. iij. or els wyth ſweete Calabria Manna. ℥. ß. And often it chaunceth, that Men are dry after purging, then geue them ſmall Ale clene bryed, or Ptiſane, or els cleane colde water, Gumme Arabicke, & Dragantum bee ſodden. And to gargariſme theſe thynges in his mouth and Throate: and to put Prune ſtones in colde water, and chafe theym wyth the Tongue vp and downe in hys Mouth, and ſo renue theym ſtill. And keepe the mouth, Teeth, and tongue cleane wyth waſhing, clenſing, & ſcraping: and this ſhall comfort the ſicke Man. Whych els ſhalbe corrupted, defiled, and ſo anoyed, that it ſhalbe as paynfull to himſelfe, as hugely, and noyſome to the beholders of the ſayd ſycke Man or Pacient.

Of ouermutch purging the body, the remedy to helpe the ſame.

To coole the mouth.

Sicknes.

Well, then I doe perceyue, that thys ſhoulde ſuffice to helpe theym, whych be not well purged before: and alſo to coole theym, in theyr greate thyrſt and dryneſſe.

NO not ſo: it is not ſufficiente to quenche. For, fyrſt you muſt vnderſtand, the occaſion of thys thyrſt: fyrſt that it cũmeth of hoat choller not purged of whych I ſpeake not. But when the body is well purged of dry, yea, or of moyſt humours, then lackinge moyſtnes, it muſt needes followe, dryneſſe wyll eftſoones enſue. Then we giue water, wherein the foure cold ſeedes, gum Arabike, gum Dragagantum, and crũmes of bread haue bin ſodden: drawen through a ſtrayner, thys is giuen bloud warme. Now fyr, there is a dryneſſe, as I haue ſayde, which when it cõmeth, declareth the body is well purged, as ſome men ſuppoſe. But therein I take, that they do miſtake the wordes of Hippocrates: Quicunque in pharmacijs purgantur, non ſitiunt: non quieſcũt, donec ſitiunt: non enim ſemper bonam purgationem ſignificat: that is: Who ſo euer be purged, & thyrſt not, the pacięt taketh no reſt, vntil they do thyrſt: this doth not alway ſignify, the purging to be good. Take this for an exãple. One called Beumayne. hath a pletorike body that is a body ful, or repleniſhed with groſſe humors, aboundauntly compact together thys groſſe body muſt be purged: wel, he taketh a purgacion by Electuarie, it worketh vpon Beuman. Now if he feele hymſelf very dry, wt a great thyrſt, deſiring to drynk after fyue, ſixe, or ſeuen ſtooles: what is thys, a ſygne good, or bad? Mary it is an euill ſigne, and is proued thus: cholerike or dry humours be attract, and drawen vp into ỹ ſtomacke, and therefore they are not expulſed. Whereof there ryſeth a hoat and a dry flegme, ſmoake, or vapour, into the throate, and ſpyritual partes; cauſing the thyrſt a foreſayd. What remedy for thys groſſe body, then I pray you? Mary none other, but wyth ſpeede to giue him an other laratiue medicide, to purge the ſayd choller, and dry matter, & then the thyrſt wil ſoone, or quickly ceaſe. And ſo in the end, he ſhalbe better purged of ỹ groſnes of humours, perhaps than cleanſed frõ ỹ corruption of euil condicions. For a bodily medicine cã ſmally preuayl, or take any effect, in ỹ Regiment of the Mynde or Soule. Alſo, if ſutch a groſſe body as I haue named, whych is called Pletorike, do ware dry or thrifty, a ter. xij. xvj. yea or. xx. ſtooles: thẽ is not haot Choller alone in the ſtomacke, but in all the members of the body. Purge him ſtill wyth gentle Electuaries, by little and little, vntill hee feele moyſture in hys Throate, and that much. And to conclude, whoſoeuer being groſſe, and very dry, before hys Purgation, is ſycke of the Feuer quotidian, or tercian: the ſame muſt be purged, in the ſame maner, as I haue ſayd before. But the leane cholerike man, is ſoone purged, & when he is dry: let hym take his remedy, as is a foreſayd, a Gods name. It happeneth alſo oftentimes, that the pacient cannot away wyth colde Water: yea and vnknowen to the Phiſicion, the ſayd Patient drynketh Wyne, to hys great daunger, hurte, and perill: for thereof followeth haot inflamacion, and torment wyth paynes in the belly. If thys doe happen, then with ſpeede prouoke Vomit, wyth drynking warme water, and Sallet oyle, thruſting a Fether into the Throate, or a Fynger as farre as it may go, & ſo Vomit. Thys helpeth, but doe it ſpeedely, my good friende, for ſundry cauſes, to auoyde ſutch daunger, as els would followe.

Example.

How to know whether Choller be purged, or no.

What harme Wyne doth in a feuer, or after purging.

Sickneſs.

Sicknes

ONe queſtion I wyll aſke you, bycauſe, cauſe mooueth me ſo to doe. I haue taken oftentymes Purgacions, and as the Phyſicion hath ſayd, they were excellent good, well compounded, newe, the quantity, place, and tyme conuenient, to receyue them. But to conclude, they would not wooꝛke accoꝛdingly. Whaꝛ is to be ſayd therein, I pꝛay you tell mee?

Health.

DOth cauſe, cauſe you to mooue thys queſtion to me? I wyll ſhew you thꝛee ſundꝛy cauſes, whych let the medicine to make euacuation, oꝛ wooꝛkyng. The fyꝛſt cauſe may be, by the reaſon the purgation is to weakely made: els the doſſe oꝛ quantity is to little, whych remayneth to the hurt of the body vnpurged. The ſecond cauſe may be, that the body is to mutch colde, and ſubiect to melancholy, as me thyncke youres is. The thyꝛde cauſe is, the reſolucion oꝛ waſting of humours, doth extinguiſhe oꝛ quenche the vertue of ỹ laratiue medicine: as it happeneth ſometyme in the Phlegmatike bodyes In whom, whenſoꝛuer the phleume begynneth to diſſolue, eſtſoones and by and by it quencheth, euen as Waxe wyll ſometyme quenche a burninge Charcoale, when it is melted vpon it. And bycauſe groſſe humours are reſolued, and cannot be expulſed: then there followeth an impoꝛtable dolour, and a myghty toꝛment about the ſtomacke, and intrailes. And in ỹ ende, ſutch ſoluciõ, oꝛ none other, but a manyfeſt ſigne, oꝛ peril of death to folow.

Certayn cauſes which let medicine to wooꝛke.

Example of Waxe & Fyꝛe

Signes of deaththeꝛough purging the body.

Sicknes.

MAry, thys is a poynct nexte the woꝛſt, & an extreme caſe: it is hygh tyme foꝛ a man to be wyſe, and to looke diligently to hys Pacient, nowe, oꝛ els neuer. God help, what reamedy?

Health.

THE beſt reamedy is thys, when ſutch peꝛill appꝛoacheth, wyth the ſtrength of Mens handes, take vp the Pacient warmely wyth clothes folded about him, not hard, boyſterous, oꝛ cõberous about ỹ ſayd pacient. But diligẽt, quicke, eaſy, & trim: and bꝛyng him into a hoat Stophe, oꝛ Bathe. Oꝛ hauing none ſutch, thẽ pꝛepare a very good fyꝛe, as they terme it, made of Charcoale, if you may: and then anoynt hys backe bone, wyth the Oyles of Camomill. Capers, and Roſes. And then anoynte the Belly, bꝛeaſt, and Sydes wyth ỹ ſame: then put a warme Tyle ſtone, in a double linnen clothe, and apply it very warme to the Belly. Wherefoꝛe is thys done? To the ende that the naturall heate may be made ſtrong: and alſo that thereby, the medicine may be excited, ſtirred, oꝛ moued to expulſe, and do his feate. Now if thys mooue him not to go to the ſtoole, then giue him a molifying Cliſter, made with Mallowes, Mercury, Polipodie, Agarike, bꝛayed & ſodden in water ſtrayned, and mingle ỹ decoction wyth oyle of Olyue, & put in a litle Hiera picra ſimplex thereunto. But if Euphorbium be in medicines, as in a Cliſter, it wil excoꝛiate the ſkin of the Guttes, & cauſe

When the Pacient is in peꝛill ỹ reamedy to helpe him.

A Cliſter to molify the belly in the time of daunger

a bloudy flure to runne forth: it is also helped this way, as to drynke Oyle and warme water, or els the fat broth of Porke a Ladlefull, wherein .xii. of Alzarabaca leaues, the iuice of them be strayned, and drynke this, it wyll prouoke vomites, rather to helpe, than hynder the body. If the patient feele no dolour aboundantly in the Guttes, then purge not mutch, vnlesse mutch purgyng, wherein Scamonie is, do cleaue to the stomacke. But if sutch thynges chaunce, giue the Patyent to drynke, water of Myrrhe. It is often times seene, that when medicine beginneth to worke within the body, in the way of purging: then Nature is so weake, that it cannot take his effect, as it should doe accordingly: and by the meanes thereof the sayd medicine remayneth, choky ng the stomacke, and neyther commeth vpward, neyther downeward. What is then the best remedy to be vsed: None other, but to follow Hippocrates, whych sayth: Elleborus mouit corpus. &c, Elleborus moueth the body. Therefore: let the body be moued therewyth, in drinke halfe a dragme, whych is corrected in a Raddish roote: and so vomite wyll follow, but walke still in the close house, and take no winde. And so ỹ Medicine shalbe dispersed, and vanysh through vomites and sweate, in vehement mouyng of the body. Now if he can not walke, let hym syt, but sleepe not: and then after three howers, gyne hym Oxicatarticum imperiale, saccarum violaceum, &c.

A good note to be obserued when nature is weake.

In Elleborus you shall know how to correct the same, folio. 19. Simplici. He meaneth Elleborus albus, 3. ß.

Sickenes.

Extreames be perilous thinges.

LIke as some men, in them medicine wyll skant worke: in other Men, medicine doth so mutch worke, that it wyll not cease, vntyll it haue (almost, yea, or altogether) slayne the body: what helpe for them then?

Health.

Death is the ende of Life.

THere be two wayes, Death, or Lyfe. If the body bee deade, there is no remedy, no medicine, no counsayle, nor comfort, to call it agayne. But pacience, and farewel, wel, we shall all folow in the end of our lyues, when wee haue run our race. Therefore, bury hym that is deade, let hym rest in peace, and cease from sorrow. But vnto the liuyng that is in hope of cure, if hys medicine be to violẽt, cruell, and daungerous, causing flixes: consyder the fault is in the Phisicion, which hath gyuen to sharpe a purgacion, or in the vnwyse Patient, whych wyll not keepe the house wyth a cloase stoole, but sytteth in the Winde abroade in the Ayre, Barde, or Garden, &c. Or else in the vndiscretion of the Apothicarye puttyng in to mutch Scamony, or thys may be the cause: the aptnes of humours prepared to expulsion, as it chaunceth often to Chyldren that haue repletion wyth hoate humours. And after purgacion, excoriation or scaldyng of the Guttes doeth follow, whych is no small daunger to nature. Therefore to withstand thys, we stop the flixe with Plantten Water, or water wherein Planten, Bursa pastoris, and Comphorie are sodden, with Bolearmony, Gum Arabick, & fower plumbes &c. or we minister Almond milke with Rice, &c. or Clisters stopping, as appeareth in the

The causes why medicine worke immoderately.

compounded

compounded Medicines, here before: also comfort the pacyent with Diacodion, syrupe of Myrtels, or of Quinces with warme anoynting the pacients belly and his backe agaynst the warme fier, wyth cleane clarifyed Hony. Now you shall perceyue a bloudy flixe by the payne in the belly, and powring forth bloud, and scrapyng lyke Leather. Well do as I haue sayed before, and apply a plaster of Barly bread crommed into stronge Vineger, and apply it to the Belly: and gyue hym to drynke the forsayed Sirupes or Planten Water, wherein the flowers of Pomgranets or Mulberies haue ben sodden in. &c. And giue him Diacodion, euery night to bedward, and in the nyght also. Mary there is a perillous gryefe in the Belly called Tenasmus, hauyng a wyll or desyre to go to the stoole, and yet cannot voyde or purge any thynge at all: this commeth of the acuitie or sharpnes of the medicine or els of the ouer syght of the Pacient: let the Pacient therefore, sit ouer Apozemate or Decoction of Pomegranet Flowers, barkes, or rindes of Pomegranets, Knotgrasse, Roses, Coriander, Peache leaues, Planten, Oke leaues, or the water wherein Mulberies haue bene sodden, Acatia, and Hipoquistis, and Quinces, beaten together and sodden, and the pacient to sit warme and close therein, and to drynke Diacodion, puttyng in a little pouder of Saffron, to comfort the heart.

A plaster for the flixe.

Tenasmus What it is, and how to helpe it.

Sickne.

YOu say this is a good remedy for the flixe. It often tymes chaunceth, that a man after sutch torments in the belly can not be without mutch noysomnes in the stomacke: and when the stomacke is anoyed, how is it helped, or with what Medicine?

Health.

LIke as ỳ earth is the mother and nourish of euery liuing thyng, and feedeth all creatures good and bad: so is ỳ stomacke the storehouse or kitchen, whych doth nourish both the members and euery part of the Body, noble and vnnoble: as the heart whych is the king within the body, and to all the subiect members in order, the place from whence they all be fedis onely the stomacke, whych must be kept cleane, as a pure Vessell, and must not be offended, grieued or anoyed, but nourished, fortifyed and pleased: now if it haue lost appetite through lothsomnesse, anoynt the same with oyle of Mastes or of Wormewood, & apply Galen his proper Plaster to the stomack, and drink the tart sirupe of Pomgranets, or wyth sower Grapes with grosse Peper therin, and giue the pacient in hys sauce the iuice of Mints, and of Parsely, put in Ginger and Suger: whan hee hath eaten his meate, giue the said pacient sirupe of Roses & Diarodon, and this shal help his stomack w̃ moderate drinking. And keeping ỳ body from sweating heat & quaking cold, vse temperãce only, for ỳ meane diet is best of al. And who so doth vse it, shal neuer fal into ỳ snares of surfits or sickenes.

The Earth is mother of euery liuing thing.

How to quicken the stomacke.

Extreame heat and cold be euyll.

Sickne.

THe chiefe thing that I had thought to haue demaunded, and the very marke, that I would haue thee to shote at, is to tell me some thinge of dieting my self with meate and drinke, in Health and Sickenes.

Health,

A consideracion in eating and drynkinge to bee had and of the variety of meates.

THere is to be considered, in eating, and drynking, the tyme of hunger, and custome of the place of eating, and drynkinge, whether it be cold or hoat. Also the tyme of ỹ yeare, whether it be Winter, or Summer: also the age or completion of ỹ eater, and whether he bee whole, or sicke: also the thynges whych be eaten, whether they be Fyshe, or Flesshe, Fruicts, or Herbes. Note also the Complexions, and temperamentes of the sayde meates, hoat, or colde, dry, or moyst, and most chiefly marke the quantity, & so forth. And lyke as Lampes doe consume the Oyle, whych is put vnto them, for the preseruation of the lyght, although it cannot continue for euer: So is the naturall heate, which is wythin vs, preserued by humidity, and moystnes of bloud & phlegme, whose chiefe engender, be good meates and drynkes. As Auicen sayth, de ethica. When natural heate is quenched in the body, then of necessity, the soule must depart from the Body. For the workeman cannot worke, when hys Instruments are gone: so the spyrites of lyfe can haue no exercise in the body, when there is no Naturall heate to worke vppon. Wythout meate sayth Galen, it is not possible for a man to lyue eyther whole, or sicke: and thus to conclude, no bitall thynge lyueth wythout refection, and sustenaunce. Whether it be animall, reasonable as man, or animall, as brute Beasts, without reason, as Tree, Gum, Mettall, Stone, Herb, or any bitall thing insensibly. All these thynges be nourished with the influence, or substaunce of the foure Elementes.

Sickenes.

Truely thou knowest well my Complexion, and disorder of my dyet; what remedy for me, that haue lyued wythout order of Dyet?

Health.

To eate bothe fish & flesh together hurteth the flegmaticke.

IKnowe it well, thou art phlegmatike: and therefore it is long, or thy meate be digested. When thou dost eate fyshe & flesh together, it doth corrupt in thy stomacke, and stynck: euen so doth hard Cheese, & colde fruicts. And olde poudred meates, and rawe herbes, ingender euill humours: so that diuersity of quantity, & quantity of diuers meates, do bryng mutch payne to ỹ stomack, and engender many diseases, as thou mayst reade in the fyrst booke of Galen; de Iuuamentis membrorum. cap. iiij. And the Wynce himselfe sayth, in. iij. pri. doc. ij. cap. vij. saying nothing is more hurtfull, than diuers meates, to be ioyned together. For whyle as the last is receyued, the fyrst beginneth to disgest. And when the table is garnished wyth diuers meates some roasted, some fryed, and baked, some warme, some colde, some Fyshe, some flesshe, wyth sundry fruicts, and Sallets of diuers hearbes, to please thyne Eye: Remember wyth thy selfe, that the sight of thē all, is better than the feeding of them all. Consider wyth thy selfe, thou art a Man and no beast, therefore be temperate in thy feeding, and remember the wyse woordes of Salomon; be not greedy in euery eating, and be not hasty vpon all meates.

Galen. Hippocrates.

To feede of diuers sortes of meates corrupteth the body.

Eccle. 37.

For

For excesse of meates, bryngeth Sickes, and Glottony commeth at the last, in to an vnmeasurable heate. Through surfet hath many one perished, but he that dyeteth hymselfe temperately, prolongeth hys lyfe. Therefore grosse Fyshe, Lambes flesh, and the Inwardes of beastes, rawe herbes, Brygges braynes, and all slimy meates, be euill for thee: but late suppers be worst of all, specially if they bee long, for they cause paynfull sights to follow. But Galen sayth in hys booke De cuchimia, the meates whych bee wythout all blame, be those whych be betweene subtile, and grosse. Good bread of cleane wheate, flesh of Capons, or Hennes, Fesantes, and Partriches, Pigeons, and Turtell Doues, Blacke byrdes, & small field byrdes, roasted Veale, and Mutton: These doe engender good bloud, sayth Galen. Note also, that any other meate, that thou dost eate at supper, although it seeme repugnaunt to a phlegmaticke stomacke, if thou sleepe well after it, and feele no payne, thou mayst vse as a meate necessary. And when thou canst not sleepe well, if the defaulte came through meate: marke that meate or drynke, although it seeme pleasaunt, refuse it as an Enemy. And where as thou hast vsed euill dyet, as accustome in abusing tyme, quantity, and quality: by little and little bryng thy selfe into good order, and to tyme, both for thy Breakfastes, Dynner, and Supper. Prouide alwayes, to eate good thyngs: but not many thyngs. For lyke as repletion, or aboundance of meate, is an enemy vnto the Body, and Soule, and bryngeth sudden death: euen so is emptinesse, a shortner of tyme, a weaker of the Brayne, a hinderer of Memory, an increaser of Wynde, Choler, and Melancholy. And oftentimes to many, bryngeth sodayne death also, except Nature haue some thynge to woorke vppon, as I dyd tell thee before: vse some light thynges at breakefast of perfet Digestion. Wythin foure houres after receyue thou thy dinner, obseruing the good order of Dyet, drynking Wyne, or Beere oftentymes, and little attonce, eschuinge great draughts of drynke, whych be vsed among beastes, and myngle thy meate wyth myrthe, whych is euer the best dishe at the Boarde, and be thankefull to God. And so leaue wyth an appetite, passing the tyme wysely betweene dinner, and supper, wyth exercise, labour, study, or pastime, vnto ẏ ende of. vj. houres, and then begin thy supper: prouided that if it be shorter than thy dinner, eating thy meate by little and little: for greedy eating is hurtfull to nature, as Galen sayth in his Dietary. Note also, that thou must eate more meate in Wynter, than in Summer, because thy natural heate is closed wythin thy body in Winter, but vniuersally spred in Sūmer. Also cholerike men may as lightly disgest Beefe, Baken, Venison. &c. Wyth asmutch speede, & little hurt, as the flegmatike man may eate, Rabet, Chicken, and partrige. &c. But the Melancholy man, through the coldenesse of the Stomacke, hath not the strength in ẏ Stomacke, as he hath promptnesse in wyll: to eate things warme, and morst, is good for him. The sanguine man, is not so swift in his digestion, as the hoat cholericke man is. But not withstanding, he hath good disgestion, through the humidity, and warmenesse of bloud, and coueteth to eate sweete thynges, which great-

Good dyet prolongeth lyfe.

What kyndes of meats doth cause good bloud.

A good rule to be obserued

What hurte cometh of an empty Stomacke when yee go to bed.

An order of dieting.

Galen. die.

The Cholericke.

The Melancholye

The Sanguine.

ly augment the bloud: Therefore sharpe Sauces, made wyth Vinegar, Onions, and Barberies, Purslen, Sorell, bee holesome: small Fishes that feede vpon ỳ stones, in fayre running waters, Cucumbers, & pure Frenche wyne, partly delayed wyth water, be good for ỳ Sanguine Men, to keepe them from mutch encrease of flesh.

Sicknes.

THou hast shewed vnto me a discreate, and holsome Order of Dyet perticulerly to my selfe, and partly to other Complexions, but what rule or pr:ty gouernment is there for sicke Folkes, that be sodenly vered or other wayes?

Health.

An order for ỳ dieting of sutch as bee sicke of sharpe Feuers.

THey that bee sodenly vered wyth sharpe sicknesses, must haue thin Dyets, wyth water Gruell, thin Mutton, or Chickens, Potage wythout any fat or thicknesse, Vyolet leaues, Endyue leaues, and sutch like cooling herbes, and let theyr drynke be made of Ptisantes. Thus doe to them, that haue hoat sharpe sicknesses, occasioned of choler. And also colde syrupes of Endiue, Vyolets, Sugar, water and Vynegar, sodden together be very holsome. But if sicknesses be long of continuance, theyr diet must bee the thicker, and theyr meates made stronger, specially if theyr dyscases be cold, wyth the flesh of Cockes, Capons, temperate Wyne stewed Broathes, wyth wholsome hearbes, as Buglose, Borage, Bazill, Parsely, and Fenell rootes, with some Maces, Dates, Damaske prunes, Raysons of ỳ Sunne, and sutch lyke. Syrupes of Isope, and Citrones; prouided, that they neyther take meate, nor medicine, immediatly before, or soone after theyr fyts, posset Ale wyth clarified herbes accepted, whych they may take for theyr comfort, according to ỳ estate of theyr Disease. Sutch as bee sicke, must haue Meate contrary to theyr Complexion. For they that be colde, must haue hoat meate, and medicines. And they that be dry, must haue moyst thynges. But they that be hoat, must haue cold thynges, for th'ardent heate of the Fyre, is quenched wyth moystnes of the water, and so the quantity of one Element ouercommeth the quality of an other. And in deede, physicke sayth, the bodies that be hoat, must be fed with things like themselues, as they that be hoat wyth hoat thyngs to preserue theyr heate, & sutch like. But when they doe exceede in heate, colde, moyst or dry: then let the qualities of moystnes, be tempred with dynes, and the coldnesse, with warmenesse. For lyke as man delighteth in things of lyke, as the Cholerike man, in cholericke thinges: euen so doe Beastes, and Fruictes, as the Coloquintida, which is bitter, delighteth in bitter ground. Hoat spices delight to grow in hoat grounde, & euery fruict, and herbe, doth delight in the thing that is lyke it self: beware of distemperaunce, surfets, or repletion, reare suppers, and drunkennesse, make thy Belly no shambles, or Kitchen.

Short sicknesse, thinne broathe: long sicknes, thicke broathe.

Of Syrupes and drynkes.

As the cõplexion is, so man requireth vys foode, in the time of health things like to his nature but in sicknes the contrary.

Sickenes.

But if a man feele great griefe after meates, or drinks, what way is there then, for to helpe hym?

Health,

Health.

VSe walking vp and downe, and perhaps, that wyll Digeſt, as Auicen ſayth: And Raſis ſayth, to walke an hundred Paces after meate, is wholſome. For it comforteth digeſtion, prouoketh vryne, and gieueth one powre and ſtrength of ſtomacke, to eate hys ſupper. But the coũſayle of Galen muſt here bee obſerued, whych ſayth: there is no meate, but it will corrupt, or ſtyncke, if the body be caſt into a ſodayne heate, by ſtrong trauell ſoone after meate, whych corruption of digeſtion, is the mother of all diſeaſes, and the beginner of all infirmities, as Auicen reporteth. And if you ſee, thys will not helpe to digeſt youre ingorged full ſtomacke, then prouoke your ſelfe to ſleepe, lying vpon youre Right ſyde, leaning towarde your Breaſt and Belly, laying your warme hand vpon your Breaſt, as Auerhois ſayth: the powre of digeſtion is made ſtrong, when a man ſleapeth. For naturall heate, that is drawen inwardly with warmeneſſe, or heate, hath powre to digeſt: but if ſleape eaſe you not, prouoke vomit, or caſt it out: and this is the counſayle of many learned Men. For it is no maruell, although many meates corrupt one man, whych be of ſundry workings in the Stomacke, Lyuer, and Veynes, for the qualities doe hinder Nature, aſmutch as the ſuperfluous quantityes. And take heede theſe ſignes, and euill Tokens, bee not found in you. The paynes of all your Members, with Idleneſſe, and wearineſſe to goe, or moue your body: Sodayne great Bluſhinges, or redneſſe in your Face, Veynes ſwelled and puffed vp, red Vryne, and groſſe Skin, extended or ſtretched out with fulneſſe, lyke a blowen Bladder, and Pulſes full, ſmall deſyre to meate, ill reſt, and gryefe in ſleepe, ſeeming in the ſleepe to beare ſome intollerable burden, or dreaming to bee ſpeachleſſe: theſe be the euill and daungerous tokens of repletion. And of thys I gieue you warning, for it hath ſlayne as many by aboundance: as hunger hath killed through ſcarcity. Therefore forget not vomites, whereof I doe intende to ſpeake ſhortly hereafter: how to vomit by medicine accordingly.

Auicen the iii. doctrine, the viii. chapiter. Moderate walke after meate, profiteth.

Galen in. vi. de accidenti & morbo. Capitui.

Auicen in. 13. Theo. iii. trac. iii. Capit.

Auicen in ſecundo doc. capitu. 6.

Daũgerous tokens.

Sickenes

I Haue heard thee ſay, that holſome Ayre, is a great comforte to Mans Nature: but corrupt Ayre, doth mutch harme. I ſhal require you therefore, to tell mee of the good, and the bad Ayre, that I may learne to vſe ỹ good, and refuſe the bad.

Of ayre.

Health.

GALEN in lib. de Sectis, ſayth: A wyſe Phiſicion oughte to know the Natures of men, of waters, of ayre, of regions, & dwellings, generally. Particularly, to thy ſelfe beeing a naturall Engliſheman, of byrth & education. Thys Lande is very temperate, howbeit, our dwellings in thys land be variable, as Fennes, Marryſhes, Woodes, Heathes Valleyes, Playnes, Rocky places, & neare the Sea ſyde. But ỹ ſayde Galen, geeueth counſell in hys Regement of health, ſaying, a good ayre, whych is pure and holſome, is that, whych is not troubled in ſtanding water Pooles.

Phiſcions ought to haue a perfet knowledge of the nature of places, and ayre.

Note which is the moſt holſome ayre, to dwell in.

There-

What ayres corrupt the bloud.

Therefore Marryſh grounds, and places where Hemp, and Flare are rotten, and dead Carions be caſt, or multitudes of people dwellyng together, or houſes inuironed wyth ſtandyng waters, where into Drains or ſinkes haue iſſues, or wallowyng of Swyne, or carrion vnburied, or foule houles, or ſutch lyke places, be daungerous, and corrupt the bloud, whych is worſe than corruptions of meate. For Hippocrates ſayeth, that all places of concauities, as Sellers, Valtes, hoales of Mineralles, where mettales bee dygged, or houſes, or Walles ioyned together, whereas the Sunne wyth reflexion beateth in with ſodden heate, whoſe abſence bryngeth colde: Theſe ayres are diſtempered: but pleaſaunt cleare ayres, ſweete Gardens, goodly hilles, in dayes temperate, when one may ſee far of: theſe be good. There be certaine ſtarres called alſo infortunates in theyr exaltacion, whoſe influence bryngeth corruption to creatures, rot, and peſtilence, to men & beaſtes, poyſonyng waters, and killing of Fiſh, blaſtyng of Fruicte in Trees, and Corne in the Fieldes, infectyng men wyth diuers diſeaſes, Feuers, Paulſies, Dropſies, Frenſies, Fallyng ſyckenes, and Leproſies. Againſt the ſaide influences, all Chriſtian men muſt pray to God to be theyr defence, for they be Gods Inſtruments, to punyſh the Earth. Example, we haue of mortall Peſtylence, horryble Feuers, and Sweatyng ſyckenes, and of late a generall Feuer, that thys Land is often plagued wythall. Then make a Fier in euery Chimnay wythin thy houſe, and burne ſweete Perfumes, to purge this foule ayre. And now in concluſion to anſwer thy queſtion, for ỳ healthy of dwellyng, Auicen ſayth, to dwell vpon Hylles is colde: and in Valleys, compryſed wythin Hilles, is hoate. Vpon a Hylles ſyde, againſt the North, is colde and dry. Toward the Weſt, groſſe, moyſt: very ſubtyll towardes the Eaſte: and cleare and warme, towards the South. And Raſis ſayeth: in hys fyrſt booke Afforie. A man dwellyng neare the Sea ſide, or great Waters, can not lyue long, nor can not be wythout weakeneſſe of members or blyndneſſe, but the beſt buildyng of an houſe is vpon a drye Ground, and a hyll towards the Weſt ſyde, and ſouth weſt doores, and Wyndowes open towards the Eaſt, & Northeaſt, hauyng neare vnto the ſayd houſe, ſweete Sprynges of running waters, commyng from ſtony or chalkye Ground, whych is both pleaſaunt and profytable to the houſe. For Hyppocrates ſaith in his booke of ayre, and Water, the ſecond chapiter: Cities and Townes, placed toward the Eaſt, be more ſurer, than the Townes builded towards the North, for temperate ayre, or Wynde, and theyr ſickneſſes be leſſe. And in the ſayd booke Hippocrates greatly commẽdeth pleaſaũt Riuers, running towards the riſyng of the Sunne: the dwellers in ſutch places (ſayth he) be fayre and well fauored, ſmothe ſkynned, cleare and ſharpe voyces, and thys ſhall ſuffyce, what and where good and pleaſaunt dwellyng is. Note alſo, that thou muſt obſerue ayre, as thou doeſt meate: colde ſickneſſes, warme ayre: dry ſyckneſſes, moyſte ayre. And ſo in the contraryes to them that bee ſycke, and they that be whole. ayre of lyke qualitye, is moſt holſome. They that haue longe ſyckneſſes, chaunge of ayres is a great helpe, both in Feuers, Dropſies, Fallyng ſyckenes, and Reumes. Reade Hippocrates in hys booke of ayre.

Corrupt ayres bryngeth ſondry diſeaſes.

Feruent prayer vnto God doth mitigate his wrath.

Sweete ayre to be made in the time of ſickenes, with perfumes: What ſituacion is beſt for a houſe.

Pleaſaũt people, their ayre.

Ayres are to be obſerued. in ſickeneſſes as in health.

Sickneſ

Sicknes.

I Haue foūd very mutch diſquyetnes in my body, when my ſeruaunts and labouring Family haue felt eaſe, and yet we are pertakers of one ayze, and my foode is fyne, and theirs groſſe.

Health

The cauſe why thy laborying Seruaunts, in the Fyeld at Plough, Paſtures, or Wood haue ſutch good health, is exercise and laboure: and diſquietnes, commeth partely of idlenes, and lacke of trauel, whych moderately vſed, is a thyng moſt ſufferain to nature. Reade of exercyſe in the booke of houſhold, wrytten by Xenophon: wherein he ſheweth, ẏ Pryn-ces would labour, plante. &c.

Moderate exercise is a ſufferaine thing.

Sicknes.

I pray thee tell me ſome thynge of exercyſe?

Health.

THE well learned man Fulgentius ſayth: that exercyſe, is a Fyle, and chafer of the heate naturall, whych chaſeth away Sleepe, and conſumeth ſuperfluous humours, waſtyng the Naturall vertues, redeming of time, enemy vnto Idlenes, due vnto yoūg Men, ioy vnto olde Men, and to ſaye the truth, hee whych doeth abſtayne from Exercyſe, ſhall lacke the ioyes of Health, and quietneſſe, both of body and minde. And Galen ſayeth, in his Regement of Health, if we wyll keepe perfect Health, we muſt begyn with labours, and moderate Trauell, and then to our meate and drynke, and ſo forth to oure ſleepe: and this is the cauſe why Faukeners, Shouters, Hunters, Runners, Tenisplayers, Plowmen, and Gardeners, and lyfters of wayghtes. &c. haue ſo good digeſtion and ſtrength of Body. Who be ſtronger armed men thā Smythes? Why ſo? Becauſe of the exercise of theyr armes: ſtronger bodied then Carpenters, whych lyft great Blockes, and Maſons, whych beare great ſtones, not onely in theyr youth, but ſutch men wyll take maruelous trauayles in age, whych to idell people, ſeeme very paynfull, but vnto them ſelues that Trauell, no payne, but pleaſure, becauſe of cuſtome. Theſe people can digeſt groſe meates, eating them with mutch pleaſure, and ſleeping ſoundly after them vpon hard Beddes: where as the idle Multitudes in Cities, and in Noble mens Houſes, in great numbers for lacke of exercise, doe lothe Meates of lyght digeſtion, and dainty Dyſhes: Mary in deede they may be very profytable to Phiſicions. But if Trauell be one of the beſt preſeruers of health, then is idleneſſe the deſtroyer of Lyfe as Auerrhois ſayeth: and Hippocrates ſayeth, euery contrary is remoued, and helped by hys contrary, as Health helpeth Syckenes, exercyſe putteth away idlenes. &c. But euery lyght mouing, or ſofte walkyng, may not bee called an exercise, as Galen ſayeth: therefore Tennis, Daunſyng, Runnyng, Waſtlyng. Ridyng vpon greate Horſes, were ordeyned aſwell for the ſtate of mens health, as for pleaſure: whereas they are now conuerted in manye places, rather to the hurte of many, than the profite of fewe. Exercise doeth occupy euery parte of the Bodye, quycken the Spirites. purge the excreamentes both by the raynes, and Guttes, therefore it muſt bee vſed before

Fulgen. in lib. 2.

What profit commeth by exercise.

Vſe maketh labour eaſy.

Apho.

Idlenes the mother of all miſchiefe.

Exercise before meate.

fore meate. For if stronge exercyse be vsed immedyately after meate, it conueieth corruption to ethe part of the body, because that meate is not digested. But when thou seest thy water after meat, appeare somewhat citrine, or yellow: then mayest thou begyn exercise, for digestion is then well: but sicke folkes, leane persones, younge Chyldren, Women wyth Chylde, may not mutch trauell. To conclude: the exercise of Dyce, Cardes, fighting, drinkyng, footeball, and castyng of the stone, with lustes immoderately vsed, and sutch lyke, may be called exercyses of fooles, rather than of wysemen. I myght haue spoken mutch of exercyse of hand labour: and of the noble profession, or worthy estate of a true souldiour, but this shall suffice.

Little trauell for the sicke.

A signe of digestion.

Sickenes.

The practises of idle people.

THere are many idle people in Cities, and in noble houses, do thynke the chyefe felicity onely, to be from bed to belly, and then from belly or borde, to Bed agayn: none other liues they wyll vse, than Cards, Dice, or pratlyng title tatle excepted. Spendyng their tymes in sleepyng, eatyng, and laughing: and somewhat els to small effect. Now for asmutch as they neyther can, or wyll trauayle, what say you to the matter.

Health.

Idlenes bringeth mischief to the body & soule, and ponertie. Gene. xix.



MAry this kind of life, would make of a noble, or worshipful persone, a deformed monstrous man: with a life short and painful: & eftsones chaunge a yoman into ỹ miserable estate of a begger. For Idlenes and plenty of victuals, are fyt for such citezens, as were in Sodoma & Gomorha whych perysshed in their lust, idleneſſe and fatneſſe. And although perhaps, there be a great Number,

The Heathē are better thā many Christians.

whych say in theyr hearts, Non est deus: and looke for no lyfe to come. Yet because they haue the shapes of men, not forcyng for the immortality of the soule (for whych damnation is due) yet let them not appeare, worse than brute beastes, in thys poynete. Or the Heathen infydell, whych Heathen are both comely, cleane, worldly wyse, valyaunt, neate and fyne, and also haue goodly (although not godly prouidence to preserue bodily health. For it is reason, they should so doe, seeyng they are careleſſe for the soule: but the idle Chrystian, careth lyttle for both, the belly excepted. Well fare the Heathen, in thys honest manly point to preserue nature.

An example of brute beastes.

The fat Ore, or vgly brauned Bore, although they can not come oute frō theyr frankes or staules, lackyng Liberty: yet nature hath taught them, a trim wholsome exercyse, called fricacion, or rubbing of them selues: chasing forth by the poares euyll humours, wherin they do fynde pleasure & healthy. There is no kinde of beast, that myght bee longe wythout filthy itch, sores, or skabbes, wythout they vse fricacion, commyng. &c. Fricacion is one of the euacuacions, yea, or clensynges of Mankinde, as all learned affyrme: that Mankinde should ryse in the Morning, and haue hys Apparell warme, stretching forth his handes and legges, preparing the body to the stoole, and then begin wyth a fyne Combe, to kembe the haire vp and downe: thē with a course warme cloth, to chafe or rubbe the head, Necke, Breast, arme hoales, belly, thyghes, &c. and this is good to open the poares. Further, if

Of frication the vertue thereof.

any haue

any haue the Crampe, or is full of Melancholy, or heauinesse of Mynde, or els fallen into a sodayne cold, through watchyng in a cold house, or fyeld, or els haue a moyste reume. &c. What is better than frication, or chafing with warme clothes? This is ỹ very best way, but it must be done a mornings, before meates: but at nyght it is not good. For then it openeth the poares of the body, and is an enemy to sleepe, and quyet rest, and letteth forth naturall vertue, whych should nourysh sleepe. Now, as concernyng the diuersity of frication, or rubbyng, note three thynges. The fyrst is, hard frication doth open the poares, let forth smoke, and bynde the body. Soft frication doth mollify, and relaxe the body, as it is wrytten, Dura frixione ligatur, molli verò soluitur. But the third whych neyther is softe, nor hard, but meane doth neyther diminysh, nor increase, but indifferently warmeth. Neyther are the spirites or smoke of the naturall heate, thereby letten forth by the poares of the skyn: And all men that vse to be trymmed, washed, or rubbed at ỹ Barbours at euenyng, do erre from the regiment of health, but in the morning it is very good and comfortable, and augmenteth naturall heate, & strẽgth, expulsing sluggyshnes and sleepe. So that the body lifte some wayghtye thynge from the Ground or els draw a Bowe, accordyng to hys strength. Furthermore vnderstand, that all dry and whole bodies, may vse fricacion, with warme and moyst oyles: And all moyst and colde bodyes, to vse the contrary. There are also ioyned to fricacion, two other exercyses: the one is called Gestacion, that is to be caryed of an other thyng, wythout any trauayle of the body it selfe, and as easy rockyng in a Cradell, to bee caried vp and downe in a chayre: eyther in fayre Weather, to be rowed vp & down in a tylted Boate or Barge, and this is very good for weake people, whych haue had longe agues. &c. The second part of thys exercyse, is Equitacion, whych may be moderately vsed of sycke men and Women, that be weake through Feuers, or Timpanye. And that must be vsed vpon a soft easy going horse, in a playn pleasaunt fyelde, in the cleare ayre, vpon the faire daies. These exercyses do not onely reconcyle sleepe, but augment & make strong the naturall vertues. And thus I end of Fricacion, Equitacion, and Gestation: of this you may read lib. iiij. capi. vi. Ætius. Cornelius Celsus lib. iiij. capi. xix. who also wryteth profitably, and plentifully of the same no lesse pleasaunte than good, to mans nature: sodaine exercise after meate, maketh the blond foule, corrupteth digestion, letteth forth naturall heate, maketh the stomack cold, bryngeth skabbes: as Hippocrates affyrmeth. Si impurgatus laborauerit, vlcera erumpent, therefore in the morning, and two houres after meate, exercyse is best.

When to vse rubbing or frication, and wherefore.

Three things to be obserued in Frication.

It is not good to be trimmed of ỹ Barber at night, but in the morning.

Gestacion the profit thereof

Equitacion is very wholesome.

When to trauell, or play.

Sicknes.

This is well, I assure you. But yet I haue seene, stronge Vomittes haue chaunced to men, after their meates. Exercise or Fricacion. &c. what is the cause thereof?

Health.

First, weake stomackes in sicke people, or women wyth chylde, they wyll quickely vomite, as, we see by custome: also Repleciõ through meates, or stronge drynkes, bryng Vomyttes. Notwithstandyng

The cause of vomit, and when it helpeth, & when it hurteth.

What perſones may beſt vomite.

vomyte is a goodly euacuation, for thoſe perſones, whych be moleſted and grieued in their breaſts or ſtomacks, or them, which be vered wyth flegme, or choller, wyth ſuch lyke foule humours, whych grieue the ſtomack. And ſpecyally to people, which haue ſhort Neckes, great breaſtes, and wyde Mouthes: For all theſe may eaſely vomitte wythout hurt. Alſo they, which haue narrow breaſt, and longe ſmall Neckes, may not well vomyt, without hurte, or peryll of deaffeneſſe, and ſtranglyng: howbeit Hippocrates, the Prynce of Phiſicions ſayth, who ſo hath a vomyt, wythout coaction or medicine, it healeth theym, whych haue had a longe flixe or lare. The ſame Hippocrates ſayth, who ſoeuer vomiteth blacke choller vpward, without a medicine giuen, it is a token of death. Vomittes be alſo perillous to them that be in conſumption, or weake of nature. The beſt tyme of vomits is in Sommer, as Hippocrates affirmeth. iiij. Aphoriſ. Æſtate quidem ſuperioris magis ventr. Hyeme autem inferioris medicamentis purgare conuenit. It is more conuenyent, for to purge the body downeward in Wynter, but vpwarde in Sommer: ſpecially in Harueſt tyme. Howbeit, Cornelius Celſus affirmeth, that no vomyt in Wynter, is better than Sommer: by the reaſon the ſtomacke is full of crude, rawe fleume. Galen de lib. primo ratio victus, counſayleth to vomyt two tymes in the Moneth ſaying it is good, that is to ſay, euery. xv. dayes. But note thys, that you vomyt two dayes together, for that whych is left the fyrſt day, ſhalbe clenſed by vomyt the ſecond. But in ſome vomites, veynes are broken through great straynyng of the body: and lyke as to procure a vomyt, we doe miniſter Oximell Squilliticum, warme Water and Hony, and ſometyme Oyle, or the leaues of Azarabaccha. &c. Euen ſo we miniſter whan an euyll accydent commeth of ouermutch vomyt, to the ſycke body Wyne water with the pouder of Mumie, Sage, Myrobalans, Chepoli, the pouder of Maſtike. And giue to drynke Diacodion, ſmall Wyne with toſted bread: and thus I do end with vomittes, whych are good before meate, but better after the ſame two howers: as affirme dyuers men of great experience.

Who may worſt vomite.

Vomit helpeth the flixe.

when to vomite.

How to prouoke vomit, and how to ſtay it.

Sickness.

After ſtrong vomits, there chaunceth often times the Hickop, or yering, what helpe for that?

Health.

An hickop after a vomit is perillous.

That is very perillous, I aſſure you: for after ſtronge purgacions or vomittes, ſayth Hippocrates, if eyther conuulſion, or the Hickoppe, called yering doe come, it is peryllous, and mutch to bee feared. Further ſayeth he, in his Aphoriſm. Conuulſio a veratro lethalis eſt. A conuulſion, ſayth hee, after one hath drunke Elleborus albus is deadly, by the reaſon that the ſtrength of this Venemous Herbe, doeth draw from the Sinewes moyſtnes, and contracteth them wyth a ſodayne emptines, and drines that ſcant helpe may be had, but rather deadly Peryll foloweth, or euen as if they were aged, paſte Nature, and ready prepared to the place of ſilence, or the Graue. Yet notwythſtandyng do thus, and refuſe not this meane, whych hath greate Vertue. R. Meale of Fenegreeke, of Fleawoorte, of

To helpe the Hickope.

cleane

cleane Barly, ana. ʒ. iiij. and the Oyles of Vyolets, water Lillies, & red Roſes, ana. ʒ. j. ß. Hony. ʒ. j. mingle all, and temper them in a mozter: then ſeeth Mallowes, and Violets together, ana. M. j. put them into a Mozter beate them well, and make two emplaſters, applying vnder the breaſts and arme hoales, meeting towardes the Raynes of the backe. And gieue the Pacient Goates milke oz Womans mylke wyth Suger: and waſhe his heade wyth warme Wyne, wherein is ſodden Roſes, Violets, Mallowes, Barly, and fiue finger. And then warme anoynt the heade wyth ỹ Oyles of Roſes, water Lillies, and Hens greaſe, and then make a Bathe foz the Pacient to ſit in, of Vyolets, Roſes, Henbane, Mallowes, Poppy, Lettyce, and water Lillies: and thus I doe ende of the yering, whych is an euill accident, following vomit of two extremes, that is of repietion & emptineſſe: a meane is left therefoze in euery thing. Foz extremes you ſee, are hurtfull, both in matters politike, and Phiſicke. &c.

A goodly waye to helpe hickop, comming after vomit.

A meane is beſt.

Sicknes.

There is an euacuation called Sternutacion, oz neeſing: what doth ỹ pzofit?

Health.

HIPPOCRATES, of neeſing ſayth thus, Sternutamentum fit ex capite, Cerebro califacto, aut humectata capitis parte inani: Aer enim intrò contentus extra erumpit, ſonat autem quoniam per anguſtiam exit: Aphor. 52. That is, neeſing that commeth from the head, is made eyther of the Brayne, whych is hoat, oz els the empty oz voyde place of the head, being very moyſt. Foz the ayze contayned therein, breaketh fozth, thzough a ſmall narrowe way: and ſo commeth the ſounde oz noyſe fozth. Thys is holſome, ỹ the ſtrength of nature fozceth fozth winde, ſpecially once oz twyſe in the mozning, putting away belching: but moze is not good, and who ſo cannot neeſe, it is a ſygne of weakneſſe, ſickneſs, coldneſſe, and age. And to neeſe after meate, is not wholſome, but when a Woman laboureth wyth Chylde, oz hath the Mother, then Neeſing is holſome, and healthfull, and wyll ſoone helpe them: but ſometime thzough ſtrong neeſing, bleeding doth quickly enſue, by the breaking of ſome Veyne Then apply the Naſalia, and frontarij, as I haue wzytten befoze, in the ende of the Compoundes.

Of neeſinge, the pzofitte thereof.

Neeſing doth helpe Women in their trauel

Sicknes.

Then what ſay you of bleeding, what pzofit oz perill is in it?

Health.

I Haue ſpoken thereof ſufficiently befoze: thereefoze, I ſay, remember that to be letten bloude in the Spzing tyme, is ỹ beſt ſeaſon, as Galen affyzmeth, in libro de Flobothomia, and thzough ỹ ſame, theſe euilles are helped. Repleción, Pleuriſy, hoat Tercians, Frenſes, Peſtilence, ſtoppinge of the termes &c. All the Dzgaynes of the Senſes are cleanſed thereby. And finallye, the Body is of a weake body, made ſtrong to thē, whych are in luſty yeares. But pzouide, that neyther people in conſumpcion, old folkes, Women wyth chylde, oz yongue children, be letten bloud.

When it is good to bleede

Who muſt not bleede.

And no man to be lettē bloud, after ỳ good bloud appeareth in bleedyng, for feare of Crampe, Palsey, or dropsy. For none to sleepe, after they are letten bloud 8. howers. Reade Galen vt supra, and Rasis lib. 4. ad Almanso. There is a new kynd of Instruments to let bloud withall, which bryngeth the bloud letter sometyme to the Gallowes, because hee stryketh to deepe. These Instruments are called, the ruffins Tucke, and longe foining Rapier: weapons more malicious, than manly.

Tucke and Rapier.

Health.

Will boring doe any pleasure?

Health.

Boringis good for a Lubber.

Yea forsooth, very mutch: As example, if you haue any sausie lowt, or loitryng lubber wythin your house, that is eyther to busy of hys hand, or tongue. and can do nothyng, but play one of the parts, of the. 24. orders of knaues, There is no better medicine for this, nor sooner prepared, than boring is. iii. or. iiii. tymes well set on, a span longe on both the cheekes. And although perhaps, this will not alter his lubberly condicions, yet I assure you, it will for a tyme, chaunge hys knaupsh complexion, and helpe hym of the greene sickenes: and euery man may practise this, as occasion shall serue hym in his family, to reforme them.

Boring doth draw forth euill humor. &c.

But for the Boring, whereof Galen speaketh, calling it Boring, Cupping, wyth Cucurbitula, &c. Sayth he, Boring doth helpe swellyng, and letteth forth wynde, stoppeth the termes immoderate, and the bloudy flixe, and helpeth appetite. And when a Woman doth swound, it is good to reuiue the spirites agayne. There are two kyndes of the ventosas, or Boringes, the gentlest is wythout scarification: the other is to draw forth water, and asswage hard swellyng, and clenseth Melancholy, specially in weake Bodies. And it will remoue humours from place to place, as from the head to the Necke, from the Necke to the shoulders. &c. And what stoppeth the termes soner, as Hippocrates Apho, Si mulieri menstrua sistere volueris, Cucurbitulam quā maximam sub mammis defige. If thou wilt stop the termes of a Woman, then put a great ventose vnder, or vpon her breastes, for the vaine, wyche is in the matrix, commeth from the breastes.

Boryng doe stop the termes, when they do abound

Sicknes.

Doth sweating profit any thinge at all, to mankinde?

Health.

Sweating is no lesse pleasaunt to Nature, than profytable to a common Wealth: and sometime sweating is vnprofitable. As crample. If any artificer, or Husband man, haue any seruant that is so diligent, that he can sweat at his labor, and not at his meat, this is a good sweate: But if his man do eate vntyll he sweate, and labour without heate, thys fellow, if you giue hym not an expulsiue, out at your Haule doore, vndoubtedly hee wil els shortly vomitte you, into the backehouse Ditch, with a threde bare Cap. Therefore, take heede to sutch sweaters, and idle eaters, except you bee Abunde Diues, and yet let all men both poore and Riche: remember what Almighty GOD saied vnto Adam: Manducabis herbam agri, in sudore vultus tui vesceris pane, donec reuerteris in humum.

Of sweates profitable, and vnprofitable, to a common Wealth.

Vnexpulsiue for an idle Loute.

Gene. iii.

humum. Thou shalt eate the Herbe of the field, in the sweate of thy face, thou shalt eate Bread, vntill thou be retourned backe agayne into the Earth or Groũd. And in an other place it is wrytten: they whych wil not labour shal not eate. And also there is a promise of God, by the mouth of the holy Prophet, which affirmeth saying: Nam labore manuum tuarum manducabis, beatus eris, & optime habebis: that is. For of thy labour of thy Handes, thou shalt eate, thou shalt be blessed, and haue the best thyngs: as prosperity, and the fruicts of the earth. &c. Lo, here you see, here is no hunger, beggyng, idlenes, loitring pickyng, slaucry, dilyng, whorryng, theeuyng, pylfouryng for the same, or Tiburnyng, appoynted not to labourers, but to loyterers. Here you haue the promyse of God for the same: that they whych wyll honestly labour and sweate, shall be in good health to eate. As we daily see the honest labouring husband men, and theyr family do trauell, toyle, and sweat: they haue therefore Gods blessing, good health and long Life. For if the husband man and Carter did not sweat eche other day, the Courtier and Citizen woulde crye well away. Now for to Phisical sweate, whereof I will shortly conclude, which are two kindes: the first of them is naturall, as when men do voluntarily sweat, without force of medicine, as hoat drynke, or hoat House, or stoue: these wyll easely open the poares, and dissolue grosse humours, clense the bloud, comfort the spirites, put away cold, consume crude humours, amend the sinewes, put away ache or numnes, Feuers, Dropsie, and the Pestilence: Sweate helpeth all these. And if one be sicke in his sweat, he ought not to sleepe: and this is a token, that he shal do wel in sweatyng, if he sweat in all places, and by litle and litle feele the paynes aswage, then it is a signe that health wyl follow. But if he sweat, in one or two places onely, and finde more griefe, it is an euyll token,

A good reward, for a diligent labour.

The Carter doth daily help the Courtier.

Of two kindes of sweates, naturall, and artificiall.

The artificiall sweate, is made in stoues, bathes, or bladders, wyth hoate water, hoat stones, put in clothes, and applyed to the body lying in Bed. Or els wyth moist bathes of herbes, or perfumes wyth Mastick, Stirax Oyle. &c. Which haue vertue to clense skabbes, itche, Por. I say the Pore, as by experience we see, there is no better remedy than sweating, and the drynking of Guaicum, vsyng it in due tyme and order. Prouided alwayes, to sweat at euenyng is better than in the morning: as Phisicke affyrmeth, and reason proueth. For when the Body hath nourishment wythin, the spyrites shall not be vtterly drawen forth to the extreame partes, through the outward heate. Further, let leane dry folkes, or feeble persones, vse little to sweate: for it wyll hurt them mutch, but fat folkes may sweat well, it helpeth them mutch, howbeit, sweate is not good for the eyes, because it dryeth to mutch: leane Bodyes therefore ought to be anoynted wyth Oyle, after they haue sweate. Sweate is euer good in sharpe agues, in the dayes of the Crises, or Judgement of sickenes, sayth Hippocrates in his Prognostico: but the contrary, Sudores optimi sunt, in omnibus acutis morbis, qui in diebus iudicatorijs. &c. Reade here after, in the signes of death, of sweatyng.

Pore is clensed by sweat.

Who ought to sweate, and who not.

What sweate is good.

Sicknes.

What say you of abstinence, or fasting, is it very profitable for the body?

Health.

The great goodnesse of fasting, bothe for the soule & the body.

YEa truely, and also for the soule: as it is wrytten by the Prophete: In ieiunio humiliaui animam meam: In fasting, sayth he, haue I humbled and brought lowe my soule. Fastyng is a singuler Instrument to correct the flesh, and make it obedient, and seruaunt to the spirite, if it be ioyned wyth fayth otherwayes it is vayne, concerning perfect religion. But neuertheless, profitable in Physicke, is abstinence for the body. For take this for example; If one haue taken a surfete, wyth repletion or fulnes, or els dronkennes, nothyng is better to bryng the body into good quyet order, than abstinence, which wyll consume matter superfluous and hurtfull, But yet not of it selfe, but by a certaine way or meane: for it it is not quickly restored, whych with longe abstinence hath ben wasted. Fasting is not vtterly to refuse meate, but to eate that whych preserueth Lyfe onely: Oh that moderacion were vsed in a cõmon wealth, then would not the ryche die in gluttony, and aboundaunce, nor the poore perysh for lacke of bread. Extreames are cuyll to mutch fastyng, or to mutch hunger. Galen affirmeth, that people which haue narrowe veines haue but litle bloud, and such may not suffre longe hunger, but shal fall into sickenes. But they which haue great veines, haue plenty of bloud, and may fast wythout hurt. So may all such, as haue mutch crawe crude matter, whych is helped through fastyng. Abstinence is hurtfull to Cholerike, and Melancholike Persones, or them whych are sicke and weake, or to younge chyldren: so euery one must be considered in order accordingly.

The ritch vse gluttony, and poore penury.

Cholericke people must not fast mutch

Sicknes.

WHen I haue ben weary and sore vered both in minde, and body, nothyng hath don me so mutch pleasure, as sleepe hath don, and reste in the nyght tyme: what say you to sleepe?

Health.

SLeepe is brother vnto death, sauing the one doeth not awake again, and the other doth recouer the senses: and of necessity, all Creatures that wake, or watch, muste sleepe and rest. For the holy Prophet sayth, in the booke of Psalmes, or Hymnes to almighty God: Ego iacui & dormiui atque euigilaui, quoniam dominus me suffulcit. I layed me downe (sayth he) and slept, and also waked agayn: for the Lord dyd onely comfort me. Truely that God, that made vs also, made our actions and doyngs: as labour, rest, eatyng, drinkyng, sleepyng, and wakyng, wythout whych we cannot liue. Aristotle sayth, all liuyng thyngs haue sleepe, as swymming, flying, and goyng creatures. Further he sayeth. sleepe is lyke the fallyng euyll, by the reason all the senses are deprysed: for sleepe is the ligament of the senses, and wakyng doth vnbinde them, and sleepe is giuen to ech liuyng creature, for theyr health. And further, Aristotle sheweth the cause of sleepe, saying: Somnus causatur ex vapore cibi, qui vadit ad cerebrum. &c. Sleepe is caused of the smoke or vapour of the meate, going into the braine: which commeth backe agayn cold, and maketh sleepe. Therfore Men after Meales, are soone gyuen to Sleepe, as wee doe see by experience:

The vertue or benefit of sleepe, or rest Psal. 3.

No man or beast, can liue without rest.

Arist. de som.

rience: and without sleepe, wyse men should be chaunged into idiote fooles. Note thys, that all sleepes do not make thyn, dissolue, or warme alwayes. but sutch sleepes onely as follow eyther labour, great exercyse, or honger. And further, when man is sleepyng, the naturall heate is drawen inward, wherych when the sayd sleepe fyndeth no nourysh ment or thyng to feede vpon: then lyke a Lyon, it doth forthwyth consume, and wast the beste Humour, or one of the radicall vertues, and in conclusion, doth dry vp the blond and make the body leane: therefore, let all leane folkes, or them wherych haue ben aboundantly purged, or els letten blond, beware of very mutch sleepe, sleepe after sweate, labour, as running, tenice, mutch daunsyng, wherych doe open all the poares, and let forth all the euyll vapours, betwene the skyn and the flesh. Wherych sleepe doth reuoke, retract, and draw backe agayne, through the inward heate, wastyng the same moisture, and if one haue flegmon in hys Guttes, that is to say, apostumacion of Choller and Blond, nothyng is more perillous than sleepe. by the reason, that the burning and heat encreaseth, wherych wyll augment the dolour: euen so in our Englyshe sweate, and the Pestilent sleepe, it is to bee forborne, and also before blond letting, and after duryng twelue howers, or els the poyson will approch to the heart. Or when the fyt of an Ague doth begyn, or in dryncking any Uenime &c. For in sutch cases, it will make eyther rigour, or horrour, leauyng the outward parts cold, drawyng through vnaturall heate, the venyme to the nutrimentall parts, or els to the parts vitall: and so this way sleepe is not good, but rather hurteth. Euen so it hurteth the Dronkards, benchwhistlers, that wyll quasse vntyll they are starke staryng mad, lyke March Hares, Flemmyng like Scinkars, brayneleese lyke infernall Furies, Drinkyng, braulyng, tossyng of the Pitchar, staryng, pissyng, and sauyng youre reuerence, beastly spuing vntyll midnight: these fellowes abuse the tyme of sleepe, and in sutch case if they should sleepe, perhaps apoplexia, and sodayne death would follow, as Hippocrates affyrmeth Aphoris. vij. Si ebrius quispiam repentè obmutuerit, conuulsus moritur, nisi febre corripiatur, aut vbi ad horam peruenerit qua crapulæ soluuntur, vocem recuperet. That is (if a dronkard do sodainly lose hys speach, and become dumbe: he shall die of a conuulsion, excepte hee be taken of an Ague, or els recepue agayne his Speach, at the same hower, when the surfyte is dygested. He herein speaketh reasonable: for dronkennes flyeth into the brayn, and so distilleth into the sinewes, which bringeth conuulsion, and after conuulsion insueth Death, through the Crude, Colde moystnesse. Except the Heate of a Feuer doe concocte, and waste it. &c. Therefore, let Men take heede of dronkennes to bedward, for feare of sodayne Death: although the Flemysh Nacion, vse thys horrible custome, in theyr vnnaturall watchyng all the Nyght. But remember his woords, wherych haue made vs all, and know what dyet is best for vs, euen Jesus Chryst hymselfe saying: Cauete autem vobis, nequando grauẽtur corda vestra, crapula, & ebrietate, &c. And a wyse Man sayth: Omne nimium naturæ inimicum, all Extreamyties are Ennemyes to Nature. Sois to mutch Labour, meat, sleepe, Watch: or to lyttle is euyll also: a meane therefore is good, and the best of all. And a due time, place, maner, and order of sleepe.

How the stomack must be prepared toward sleepe.

When sleepe is perilous.

Dronkards what they do.

The cause why a dronkard dyeth sodainely.

Luke. xxi. ti.

Of good and bad ſleepe.

The night is the beſt tyme: the day is euill, to ſleepe in the Fyeld is perilous. But vppon, or in the Bed, lying fyrſt vppon the ryght ſide, vntill you make Water: then vpon the lefte ſyde is good. But to lye vpon the backe, with a gapyng mouth, is daungerous: and many thereby are found ſtarke dead in their ſleepe, thyrough apoplexia, and obſtruction of the ſinewes, of the places vitall, animall, and nutrimentall. And all ſutch as feele intolerable paynes in theyr breaſtes in the Nyght, whych growne, and can not drawe theyr breath: the very cauſe is, lying or ſleeping on their backe, and not

Fooles, be afrayd of the Mare in their ſleepe.

thyrough the Mare, or nyght ſpirite, as they termie it, after the Judgement of ſuperſticious Hypocrites, Infidelles, with charmes, conjuryngs, and relickes hangyng about the Necke, to fray the Mare, the foole I ſhould ſay. Let ſutch people, both keepe good diate, cleane lodging, lye in order, as I haue ſayd, and ſpecyally commend both their ſleepyng and wakyng to Jeſus Chryſt, that they may lyue honeſtly, goe to bed merily, ſleepe quietly,

How to auoide euyll dreames.

and ryſe earely. To ſerue GOD deuoutly, and do theyr buſineſſe in theyr vocation diligently: to helpe them ſelues and their neighbours charitably, and not to be carefull for any dreame in the Nyght. But wyſely conſyder this, if they doe dreame of Fyre, to take it for no euill preſage of ſtrife &c. But rather that fyre doth ſignify, that yellow hoate Choller doth abounde, and would be purged by good pocions, Diaſene, or the Sirupe of Rhabarbe.

What dreames doe ſignify.

And to beware of a Tertian Ague. And when they dreame of Cloudes: darkenes, or to lye in darke Dungeons &c. Remember it is Melancholy, that vexeth the body and ſpirites in the ſleepe: and would bee purged wyth Hamech, Pilles de lapide Lazuli. &c. If dreames be of cold, Snow, Iſe, water, then flegme would be diminyſhed wyth pocions accordyng. and Pilles de Agarico, &c. Some in the Nyght ſeeme in theyr ſleepes, as though a greate blocke were preſſyng downe theyr Legges: this is the reſolucion of the Sinewes, or the aboundaunce, whych would be letten forth, by the Medyan veine. And to vſe bathyng to Bedward in warme water, wyth ſweete herbes: and to dry theyr Legges, and ſo go warme to bed is excellent. And

Hippocrates vpon ſleepes.

thus I doe end of ſleepyng and waking, of whych ſayth Hippocrates Aphor. Vehemens vigilia, tum cibi tum potionis cruditatem efficit. That is, vehemēt watchyng doth bring crudities, and rawnes, both to meat and drynke in the ſtomacke: Moderate watch is good for ſtudients to make them learned, for apprentices to giue them knowledge in their faculties, to the man of warre, or Watchman, to preuent the enemy, to the fat body, to diminiſh groſenes:

Watch watch cauſeth raw humours in the ſtomacke.

But watching at Dice, Cardes, &c. Make many watch men in lanes ends, for their purſes: ſuch watches I ſay make many miſerable wretches, whoſe rewards we ſee daily, to be daungerous and ſhamefull in the end.

To whome watchers good.

Sicknes.

Thafflictions of the minde are hard to bee helped.

THere is one thyng, whych hath troubled me very long, it is a ſickenes, that hitherunto I could finde no Phiſicion ſo cunning, wiſe, or learned, that euer was able to helpe the ſame. Neither did I euer ſee, or taſt of that medicine, that had vertue to relieue mee in that point. Furthermore, the chaunge of ayre, were it neuer ſo ſweete or pleaſaunt, with the ſightes of faire fieldes, Gardeins, hilles, woodes, & valleis,

couered

couered wyth all coloured kynds of ſweete ſmellyng plantes, herbes, or flowers, could neuer helpe this ſyckenes. The daily beholdyng of Jewelles of ſtone, Golde, riche apparell, fayre buildyngs: yea, manly feates of Armes, wyth triumphaunt lyghtes, dyd me neuer a pinſworth of pleaſure. But when the tyme was paſt, my ſyckenes doubly aſſaulted me agayne.

Pleaſures noiſome to the diſquiet heart.

The Sacred heauenly Muſis or Heliconiades, the daughters of Jupiter, whom I haue knowen: thoſe .ix. celeſtiall damoſels, whych dyd waſh them in the Well wyth ſyluer ſtreames, where as the ſwift flying Horſe called Pegaſus pearced wyth hard houe, the froſen hard diamond flinte, as Poetes alleyme. Theſe .ix. Ladyes called the Nimphes, haue infinyte Vertues to pleaſe the eare wythall in Muſicke, yet haue they not pleaſed me: as example. The firſt called Calliope hath a voyce moſt heauenly in pleaſure, to moue the affections wythall. The .ii. named Clio, a matron of grace to all damoſels, for womanly behauior: yet with a glorious comely Geſture, mouyng her beholders, inwardly to ſigh. or breake theyr ſleepes in the night. Suych grace ſhe hath, to wound the heartes of luſty youth, and make the aged diſpayre, whych are paſt hope, to renue theyr age agayne. The .iii. is the amorous Lady Erato, with her ſweete ſonges of Louers delyght: whoſe tunes are of ſuych heauenly vertue, equall to the Angels: whych haue ſuych force, that they wyll banyſh all Louers weepyng lookes, yea, care, and louynge ſpyght, and make eche amorous ſubiecte, or Pryſoner free to them ſelues, wythout miſtruſte, caſting frō them theyr colde Willow crownes of mournyng: and foorthwyth, this tune wyll cauſe them to renue them ſelues, in that victorious diadem of warme Laurell, agaynſt all cold paſſions. And gieue them theyr delyghts, through this her ſweete pitifull ſonge. The fowerth will caſt a ſweete water on the face of euery ſlothful Louer, and quickly wake them, out of theyr flatteryng or fearefull dreames, and ſhew them gladneſſe, and all pleaſaunt greene thynges, to forget their follie, or pleaſaunt purgatorie, her name is Thalia. Then followeth dame Melpomine with her ſonges, ſeparating of Mars from Venus. Prophecying of Warre, and fearefull Tragadies, ſhe is the .v. The ſixte named Terpſicore pacifying Warre, and noiſe of bloudy Trumpet, reconciling all agayne, with heauenly Harpe, and Muſical Inſtruments of cordes by her: vnder the ſweete arbour, ſitteth her ſiſter Euterpe, with inſtruments of Windes, agreeing wyth her ſiſter in true Muſicall concord or vnitie, ſhe is the ſeuenth. The eyght is Polihymnia, with a memory paſſing all creatures, this Muſis dryue Muſicke into numbers, by whoſe knowledge, the velocitie or ſwyftnes of the ſoule is perceyued. The .ix. and laſt is Vrania, through who her ſacred ſonge, moueth eche luyng man to be heauenly mynded, religious, and to geue themſelues to a bleſſed lyfe. Her ſonges be lamētable, pitifull, drawing the hearts from earthly vanities, deſiryng a chaunge into a happier Land, aboue the bryght ſhyning ſtarres. Theſe Muſis, I ſay, deare Health, haue helped mee before theſe dayes: but now can not at all for all their pleaſaunt pipyng. For theyr delyghtes to me be rather lothſome, and vere my Minde: ſauing the laſt Muſe, called Vrania, which moueth mee, for elſ none. For they are but playne vanity.

The .ix. heauenly Ladies can ſmally cōfort ſome careful heart whē it is in care.

The Sacred gift, that the ix heauenly Muſis haue and can giue to others, to comfort them in trouble.

The names of the vyne Muſes, wych their gyftes

Health.

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Health.

What ſickeneſs is this, that neyther Phiſicke, nor all theſe delights, can gyue cure vnto? it is a meruellous diſeaſe, beelyke it ſhoulde appear, that it is no ſyckneſs of the body, but rather the paſſions or perturbations of the mynde.

Sickneſs.

All the workes vnder the Sunne, are nothyng but vanitie, and affliction to the minde.

NOw haue ſpoken the truth it is euen ſo: but I take it to bee no newe ſickeneſſe, among foolyſh Men. For the wyſeſt man hymſelf, complayneth thereof, ſaying: Eccleſiaſtes cap. j. Proſpexi enim omnia opera quæ ſunt Cælo, & ecce omnia ſunt inanitas, & animi moleſtia, &c Truely I dyd behold all thynges, that are wrought vnder the Sunne: and beyold they are all but vanitie, and veration of the minde. &c. And ſo this affliction of the minde, is the greateſt gryef, that I haue w̄ my perturbacions. But in a maner, I do not vnderſtand eche of theyr cauſes, they are ſo variable, paynefull, and endleſſe. For my delyght and pleaſure is gone, and brought in bondage to them through longe trouble.

The perturbation, or ſodaine mocion of the minde, muſt be well obſerued.

Health.

Of the ſodain alteracion of the minde, frō ioy to care.

THey are called perturbacions of the Mynde, after. M. Cicero: but Galen termeth them Pathemata vel affectus animi, that is the affections, or ſodayn mocions of the minde, chaunged or altered through ſome cauſe, from the ryght way of reaſon into ſome paſſion; and theſe mocions of the ſpirites, muſt be as wel conſydered, and diligently obſerued of the Phiſicion, in the tyme of ſickneſs, as any other common knowen Syckenes.

Of feare what it is.

For theſe perturbacions, or payneſull affections of the ſpirites, do chaunge the eſtate of the body, marueilouſly and ſodaynly. As wee within fewe dayes paſt, haue ſeene a perſone beautyfull, well fauoured, pleaſaunt. &c. but now wee ſkant know hym: Jeſus, ſay we, how this man is altered, and cleane chaunged, wythin theſe fyue dayes, as though it had neuer bene he? &c. This is our talke, of the ſodaine alteracions of our aquaintances: wee therefore muſt reſort vnto certaine reaſons, in ſutch caſes. As example.

Examples of ſodain feare.

Gods vengeaunce. Regum, i.

Feare is after ſome euyll tidynges, or doubte of miſchiefe, as loſſe, pryſonment, or that death wyll quickly inſue. Then theſe thynges wyll follow: The ſpirites and bloud are all drawen inward, and then all the outwarde. members are pale and colde, wyth treimblyng, and faynt neſſe of ſpeach. By the reaſon that all the vertues, both Anymall and Naturall, are made feeble, and ſodaynely weake: through whych often tymes it haue bene ſeene, that ſodayne feare, hath brought ſodayne Death: as example: Ely the hygh Prieſt, ouer the People of GOD, in the Day of the great battayle, when the Philiſtines preuayled agaynſt Iſraell: as he ſatte vpon a Stoole, lokyng towards the waye, hys hearte feared hym, for the arke of GOD: in the meane tyme, there ran a Man haſtely vnto him, wyth a lamentable looke, in mournyng Clothes, declaryng vnto hym, fyrſte how that Iſraell was fled and ſlayne. Secondly, that his two Sonnes.Ophni, and Phinehes were ſlayne. Thyrdly, that the vncircumcyſed had taken the Arke of GOD: at whych tidinges, ſutch ſodayne feare came to hys heart, that forthwith he fell downe backward & brake his neck.

And

And thys ſame euill tidings, ſlue wyth ſodayne care, hys daughter in lawe, the wyfe of Phinihes, ſaying in her death, the glory is gone from Iſraell. This was Elies plague, for ſufferyng hys Chyldren to lyue wickedly. For where as God is not feared, at length he wyll ſodaynely feare them. Feare I do ſay, is a marueilous monſter, an Infernall Image, and a terrible viſion to the ſoule: for feare is not for thynges paſt, but onely for thynges to come, and to take thyngs in the worſt part. Was not Jeſus Chryſt oure God and ſauiour afrayde, what tyme as he ſet before his eyes, the Payues and ſharpenes of death, Dolore afficitur anima mea vſq; ad mortem, My ſoule, ſayd he, is made heauy euen vnto the death? yea his feare was ſuch, that for agonie, his droppes of ſweate, were lyke vnto bloud. This was a great feare, euen in Chryſt: but yet it made hym not gyue ouer, foreſeeing the ſealyng of our election by his death. But the feare, whych taketh mortal men, maketh them cowardly oft tymes. Through it Peter dyd ſweare, he was none of Chryſtes company: and that he knew hym not at all. Feare made Dauid to counterfayt, and go lyke a mad man, for to auoyde Saule which perſecuted hym. Feare made Athanaſius, the Biſhop of Alexandria, to hide hymſelfe fyue yeares in a Caue, from the cruelty of the Arrians. It cauſeth the Chryſtians to flee, in the tyme of perſecution: And ſometyme the Chriſtian through it, is forced to play the Idolater. As example. When the Tyrant Diocletianus The Emperour, in his cruell murderyng of the Chryſtians, dyd commaund euery one to bee ſlayne, that would not Honour, and offer to his Idols: Marcellus the Biſhop, as Euſebius affyrmeth, in a great feare, dyd Sacrifice to the Deuill: Lo here doth feare try religion. Sometyme feare wyll creepe ſo far into the conſcyence, that it letteth in diſpaire. As example of Judas, whych is a good preſident to all traytours: and many tyrauntes through it, haue ſlaine them ſelues: feare often tymes, is very intollerable. For there is no touch ſtone, can better declare, the diuerſitie of mettals, than feare wyll bewray the worthy, or vnworthy Manhoode of Men. As example. There was a luſty bloud, or a pleaſaunt braue younge toyſter at Athenes, whoſe name was Ariſtogiton, as the Hiſtoriographer affyrmeth: whych commonly would talke and bragge, what good ſeruyce if neede were that he could do to Mars. All hys talke was of Warre, how to deuyſe Weapons of inuaſion, to deſtroy the Enemy: to traine forth Men, to giue the Onſette, wyth all luſty courage. And vpon a time, the Athenians prepared a myghty ſtronge Armye agaynſt their Ennemies, and amonge all others, they had this Ariſtogiton in no ſmall pryce: ſuppoſing him to be in deede, as he was in woorde. And callyng hym forth to take a charge when he harde, an acte to bee done in deede: Oh GOD, how hys Hearte was in hys Hoſe, for feare he trembled, and quaked lyke an Aſpen Leafe, as though he had begon the fytte of a Tercian Ague. He could not tel what ſhyft to make, or whether to goe to hyde hymſelfe: but at length Dame ſhame, whiſpered hym in the eare, and badde him wrappe one of his legges with roulers and Cloutes, as though he were lame: and ſo he dyd, & wyth pale Face, and ſtaffe in hand, hee came haltyng and creepyng foorth, lyke a ſheepyſh Loute, lamentyng hys caſe, that ſuch euyll had chaunſed hym.

Euyll parentes, and euyll Chyldren.

Feare is like a monſter of Hell.

Feare in Chryſt.

Feare in S. Peter.

Feare in Dauid.

Athanaſius feare.

Feare of the Chriſtians.

Feare maketh men offer to Idolles.

Example of Marcellus.

Feare bryngeth deſperation, example of Judas.

To proue a coward by example of a Greeke which was a great bragger.

But

But his hart was wyth thē all, ſayd he, yet durſt he not trauell, vntill hys Legge was whole. But when the people dyd ſee hym daunſe ſo lyuely, like a Lubber in a Net. Lord how they laughed thys Carpet ſquyre to ſkorne. I pray GOD, the lyke feare be not found, among a great number of our People, that can Royſt, Crake, Braule, Sweare, and Bragge, in ỹ time of peace: quarelling wyth quiet people, and lift vp lookes, frouning lyke Tigers. And when the Queenes maieſty ſhall haue neede to wythſtande the Enemy, or ſuppreſſe the Rebell: that then they become not like vnto Ariſtogiton, wyth ſoare Legges, Agues, broken Armes, trēbling, lamentable Lookes, as bold as Geeſe, or Lyons of Cotes wolde Heath. Sending theyr water to the Phiſicion, to cloake theyr knauery, for lacke of Manhoode: or els wyth Vnguentum aurum, can anoynt theyr Capitaynes hand, to blot them out of theyr muſter Booke, whych is a good Medicine. For feare in ſutch caſe, there is not the lyke receypt, in all Buckler ſbury, I aſſure you: many moe thynges could I ſpeake of feare, but my matter is of Phyſicke. But thys Cordiall ſhall ſuffyce, for a Cowarde.

A ſhift for freſhe water ſouldiours.

Now followeth anger, whych doth increaſe, inflame, and ſet theyr Bodyes vpon a fyre, with a ſodaine burning heate: Cleane contrary to feare. For feare drawoth the heate and blonde inwardly, wyth feeble pulſe, but anger doth caſt it to the vtter partes wyth ſwyft Pulſe as Galen affyrmeth, lib. ij. de tuenda ſanitate. Counſaylinge euery one, that will preſerue naturall health, that they vſe ſutch exerciſe, as may keepe warmenes temperately, neyther to mutch colde, nor heate abounding. And although exerciſe commonly bringeth warmenes, yet to the Idle bodies, when they haue no naturall heate, their bodies are made warme, by any other thyng, as Oyle, bathing in warme water, or going into ỹ Stoue. &c. But ſutch heates are artificiall, to mooue the heate naturall, but they are all without, and not mooued of the principall inward heate. But anger or perturbation, is mooued of naturall heate, it needeth no meane to helpe it: as wee feele by our ſelues in colde weather, let our Enemy ſodaynely appeere before vs, or if we heare our ſelues ſhamefully rebuked, we neede no fyre, to kindle the flame of our choler, forthwyth we are in the houſe top, the holieſt of vs all. For heate aboue nature, wyll quickly incloſe the heart, and wyth ſwiftnes go further, ſeeking vengeaunce. Vnto thys euil be Cholerik men moſt bent, which muſt vſe often to correct Choler: or els to obſerue an order whych a worthy Philoſopher, taught a haſty Prynce, ỹ hee ſhould before he dyd any thing, mooued by quicke and ſodayne affection, fyrſt, ſaye ouer the Alphabet, or the number of letters: thys Heathen rule, againſt anger or raſhenes, wyll not hurt the Chriſtians. It declareth great pride and anger, to bee ſodaynely mooued. Ag rample. At euery light wynde, weake trees will mooue, and tremble with theyr braunches, from ground to the top of the ſame: whych wyth great ſtorme and wynde, will ſkant moone the great ſtrong tree. Prouidence and patience, make men ſtrong, and cauſe them to get the victory of themſelues: and to bee able to wythſtand anger, whych is a common paſſion of cruell Beaſtes, Tyrauntes, & Fooles. It ſhould ſeeme by Domitius Nero, that he was an angry wretch, to murder hys Mother, to poyſon his Scholemayſter, and finally to ſticke himſelfe.

What the paſſiō of anger is

Gal. de. Sani. tuen.

Of heate artificiall, and naturall.

Of cholericke heate.

A leſſon againſt anger.

Examples of wrath in Nero.

hymselfe. In his maners at the boyde, he was sone inflamed with anger: ỳ vppon a tyme hearyng but the frenche nacion named, forthwith he brake two most costly drinking vessels, of an incomparable paine, they were so rich and beautiful: he cast down all the meate from the boyde, fallynge out with all the Discombentes without any other cause (a very temperat man I assure you) When Ecelinus the Tyrant, in battaile had receiued a woūd forthwith he cast his weapon away, and roared like a mad beast, and in his cruel anger, rent his skin from his owne flesh, which, when his enemies espyed, they so laughed, that in a great rage and anger, he slue himselfe, (a very meeke person). Oh what victory had he vpon his ennemyes, thus to handle himselfe.

Wrathful wretch in battayl.

Alexander the great sittyng in a dronken Banket, vnseemly for a Prince beyng admonished reuerentlye of a noble wyseman called Clitus his owne nourishes sonne, to liue lyke a Prince in vertue, reioycing therein, more thā in victory. &c. the ingrateful Prince at his banket, with his owne handes, strake him through the body, letting forth the spirites of lyfe from Clitus, ỳ would not flatter a folish prince. For an open rebel is not so hurtful, as a secrete flatterer to a Prince, for they are like Cankers, most hurtful to them. What anger had Cain agaynst Abel, and Herod, in killing the hurtlesse children that neuer offended him?

Wrathful part of Alexander in killyng of Clitus.

The Popes, which are so charitable (as you know to the liuinge christians) that they will send them in burnt sacrifice to heauen: among them some haue torne one another with violence, out of their graues, rending out of their pontificall apparell, cutting of their fyngers, & burying them among the common harlottes, yea drawing them forth agayne, and beading them a fyt Sepulture for such saintes. Reade Platina in the lyues of Steuen the first, Sergius and Formosus.

The Popes Law.

Bubulam an excellent Paynter, did so liuelye set forth the monstruous Image of a deformed Poet called Hypponax, that the beholders had greate pastime, and laughed therat. But in the meane tyme, the Poet wrote such nipping, sharpe, taunting Verses, agaynst this Painter: that in a sodayne rage, he ran in to his house, and hanged himselfe. And to conclude, Saul was in such a rage, that he destroyed the Sacred high Priest and the Leuites, with the people in the citty of Nob, for receiuing of Dauid, the elected of God. And this shal suffice to warne you frō the passion of anger by these examples.

Hypponax the Poet made such sharp verses agaynst a Painter, that he caused him to hang himselfe in his rage.

Saule killd himselfe.

Then ther is an other perturbation of mynd, called sorrow or care, which is the greatest passion of spirites: because it is some folkes torment. Againe in an other, it maketh short worke. For care doth wound and smite ỳ hart w̄ a depe stroke, and drayweth it togeather as a purse, suffryng nothing to bee caried thether, to comforte the same agayne. And so the generacion of the spirites are letted, and the vitall partes by little and little do wither & wast away, and in this poynt sorrow doth differ from feare: sorrow receiueth his mischiefe at length, and feare at once. But in coloure pale, in pulse feble, in countenaunce heauy, in stomacke weake, they are lyke: but yet care is for

The cause of sorrow and care which be marualous plagues.

The differenc de. twene sorow and care

thinges past. As example, some for loue haue slayne them selues, as Cleopatra, a Queene of Egipt, after she had spent her pleasant yeres in loue, mingled with lust, when her husband M. Anthonie was dead, she fel into suche sorrow and care, that in thende, she caused her self to be inclosed in a tomb, suffryng two Serpentes to sucke at her breastes, vntil shee had finished her

Cleopatras death.

miserable lyfe with lamentacion: for al her riches & pompes colde not heale her sorrowful sicknes, but death was only her refuge, so great was her care But Iosephus handleth her death otherwayes.

Didos death.

Into what lamentable case fel Queene Dido of Carthage, whiche, was ye daughter of Belus the king of Tire, which carefully finished her lyfe in fyre, for the losse & loue of Eneas, as the Poet sayneth: Leander, a worthy yong man, was wonderfully ravished for the loue of a fayre mayden called Erus,

The story of Leäder, Whiche dyed for loue of Erus

whych dwelled in an Ilande in the sea Hellesponte. And this Leander in a Towne called Abidus, the sea passing betwene them both: which water and salt streame cold not quench his loue that he bare vnto Erus, his affection was so greate, that euery night he would swim ouer this flood, vnto his deare Erus vnto a place called Sestos, whereas shee dwelte, supposyng his pain to be heauenly pleasure. He vsed this so long, that in the ende Neptune frowned, and commaunded Aeolus to rayse vp a stormeand tempest against Leander, in which he carefully finished his lyfe. In the morning

The death of Leander and Erus for loue.

Erus looked ouer the walles, beholding the dead body tossed amonge the rockes: therwith she was sodaynly wounded, with sorrow and care, and with a pittiful crye, cast her selfe from an high Toure into the sea wherby she finished her lyfe, for the loue of Leander.

A noble woman wept to death, for the death of hir husband.

The wyfe vnto Duke Protesclaus, did continuallye weepe for the death of her husband, vntil she dyed. Sutch loue of late in this realme, hath bene inclosed in the hart of a certayne worthy lady, that for the absence of hir liuing husband, hath ended her lyfe with care, so that after the nomber of many Salt teares, the Salt water was her last drinke, and death her refuge.

Loue is a conqurour.

This affection called loue, bringeth more sorrow with it, then eyther prisonment, pouerty, or sickues: as we may reade and see by experience, into what seruitude & bondage it bryngeth people. And doth degenerate many, in a maner out of kynd, making thē more effeminat thā women: changing Mars into Venus It altereth complexions, maners & conditions, and maketh of free men slaues, of wyse men fooles, of rychmen beggers, it bringeth many sicknesses, yea, incurable, through long sorrow and care. Somtyme it doth depryue the wittes and sences reasonable, and maketh Men more madder then Dogges, crueller then Wolfes, more shameles then Apes, rēting their clothes, waking in their beds, fasting at their boordes, as wyse as Geese, yea, and fynally, what a greate nomber do kill themselues, by strangling, sticking, and drouning: when they cannot obtayne their purpose, and incurable sute? Thus they be rewarded that fall into such doloure and care

The fruits of Loue.

in this folish affectiō of mind called loue. And if thei might obtayn their purpose in their foolish fyshyng in the flood of fantasy: what shoulde they then get? perhappes nothing but a Serpent, which would alwayes sting them,

or els a weate Ele by the tayle, whych would quickly deceiue them.

There is an other affection of the minde, very perilous, daungerous, and incurable, which is couſin Germain vnto frenſie, whych is called Jelouſie: or a greedy foolyſh affection of the minde, neuer quieted, but euer tourmẽtyng it ſelfe, burnyng in a continuall fire. This inward ſpirituall Vengeaunce, doth make domeſticall debate betwene man and wyfe: and tourneth theyr houſe of libertie, into a miſerable pryſone. Double bondage to eche other, with quarelyng in preſence, miſtruſting in abſence, fearyng them of theyr owne houſe, doubtyng the ſtraunger, yea, and men often tymes miſtruſtyng their own Chyldren, not to be of their own Generation, whẽ they haue no argument to the contrary, but deuiliſh ielouſy. Jelouſie often tymes breaketh chaſtitye, amongeſt them that doe profeſſe Godly Matrimonie: and cauſeth the one part to deſire liberty, to be out of the fire of that louing Jelous Purgatorie. For ſome there be that do ſay, there is no more torment in hell, among the infernal Furies, than there is here in this world amongſt Jelous women, which neuer had good opinion of their huſbãds: and ſome men alſo of their wiues, although they were locked vp in a cloſſet, they hauyng the keie, and ſealyng the dooze, yet they thinke they are beguiled. Yea, ſome be ſo friendly, that they be Jelous of other mens wiues: and ſome women folowyng that example, do the like to other Womens: huſbands. Here is marueilous kyndneſſe, thus to crucifie them ſelues in the fyre of follie: but the effect thereof, worketh miſchief to them ſelues, and others. As it is wrytten of one Phanus, which loued his wife wyth ſutch Jelouſie, that he would neuer ſuffer her to go out of the dooꝛes: he alſo prouyded, that none came in at his gates, or dooꝛes, but a great noyſe was made through crackyng and tinglyng of Belles whych hanged at them, at which ſound with all ſpeede, he would run to ſee who came in. He ſo longe vſed this order of watchyng at the Gate, that in the meane tyme hys deuout wyfe gaue hym a Barnards blow, lettyng in her companion, when it was darke, by a broken place in the roffe of the houſe. Whych, when it was perceiued by the next Neighbours: Lord how they commended Phanus, for ſo diligent and wittie keepyng of his Gates. Here you do ſee, that Jelouſye bryngeth adulterie, yea, and ſometyme it cauſeth murder: as Helena after the death of Menelaus, fled for ſuccour vnto Poliſo, wife to Clipolemus ỹ kyng of Rhoedes, ſonne vnto Hercules, whych burnt with ſutch Jelouſie towards her huſband, that ſhe commaunded her to be hanged vpon a tree.

Jelouſie is couſin Germain to Frenſie, marke the fruicts therof.

The hell of Jelouſie.

What ſpirite Jelouſie is.

How a Jelous foole beguiled himſelf

Jelouſie cauſeth adulterie

Procris, daily burnyng wyth Jelouſie of her huſband Cephalus, which was taken in loue wyth an other woman, dyd daily purſue him, from place to place, through fieldes and Wooddes, &c. And vppon a tyme, when Cephalus went foorth, wyth hys Darte in hys Hand, into the Foreſt, to ſeeke hys pray: hys Jelous wyfe purſued hym, and cloſely ſhrouded her ſelfe in couerte, amonge the Brakes, to beholde what her Huſband dyd. But as ſhee moued her ſelfe, the couert dyd ſhake, wherein ſhee was hydden: her huſband perceyuyng that, ſuppoſyng that ſhee had bene a Wylde Beaſt, foorthwyth caſte hys Darte, and vnwares ſlue

Procris dyd ſeeke her owne death through hys Jelouſie.

his Jelous wife. Well ridde of an euyll ſoze: O how craftily ſhe did beguile hym.

The Jelouſie of Antiopa.

O what Jelouſie was betweene Antiopa, and Licus her huſband, the Kyng of Egypt, and what a cruell Murther came thereof, I neede not to ſerch no moze Examples from old, of the forgotten World, and time paſt. For thys Euyll is to common, as wee do ſee by dailye experyence, and a Meruelous plague, both pryuate and publique: the effects thereof are nothyng but miſerable veracion, Dolour, Care, Agonie, and diſpayre. And this is to conclude, there is no remedye, but patyence perforce: for the olde Prouerbe is, that Hereſie, Frenſye, and Jelouſie, be ſo bred by the Bone, that they wyll neuer out of the fleſh, therefore vſe no Phiſicke for it.

There is alſo an other euyll, ioyned to condicions of wycked Men, whych is none of the paſſions of the Mynde, nor yet an infirmitye of Nature: but rather to bee numbred among the ſynnes Mortall, whych is an euyll moſt intollerable, and moſte odious of all vnto a good Nature, whych is called Ingratitude, churliſhnes, or vnkyndneſſe. I counte it not onely ingratitude, to be vnthankfull to them, of whome wee haue receyued benefites, but alſo to do harme to them, by whome wee bee preferred. Agerample There was no greater dignitye, next vnto Chryſt, than to bee one of hys Apoſtelles, as Judas was. Alſo none could bee moze truſted than hee, whych kept the Purſe as he dyd. Chriſt gaue hym power to doe Miracles, equally wyth the twelue. He ſuffered hym to ſyt at hys boorde, and feede wyth hym in hys owne Diſh: there could bee no greater kyndneſſe than thys, a Mortall man, to ſyt wyth Gods onelye Sonne. But thys Villayne, vngratiouſly and ingratefully reſpectyng none of theſe Benefittes, but lyke a trayterous choyle, ſought hys Maiſters Bloud, betraying him to the ſhamefull death of the croſſe. Thys Ingratitude of Judas, is a goodly preſident, vnto all Traitours agaynſte Prynces, by whome they haue receyued Benefites: and many ſeruauntes, whych haue ben brought vp from raſcall and Beggers ſtates, and throughe theyr maiſters, haue bene preferred into the callyng of eſtimacion, Wealth, and Worſhip, whych afterward haue ſucked the bloud of them which gaue them firſt their ſucke, and nouriſhment in theyr aduerſitie. O what a monſter, and a deformed infernall Serpent is this ingratitude, it is the mother of treaſon bred in hell, enemy to liberality and gentlenes, and is of the ryght lyne of Wrath and enuy, ſpronge of a deuelyſh petigree, worſe than wylde beaſtes. Whych, when they are made tame, and receyue any Benefite of theyr keepers, they wyll not rent and teare theim: but phaune vpon theim, waggyng theyr tayles, and run about and leape for ioy. As by example, we may ſee of Horſes, Dogges, Beares and Apes, whych wyll reioyce in the ſyght of their Maiſters: and many tymes, put theyr Lyfe in venture for theim. Although I myght bryng forth many notable Examples to proue thys, it neede not, it is ſo manyfeſt. The Scriptures of GOD cry out agaynſt it, the Lawe of Nature doeth vtterlye reiect it. There is no man worthy to bee called a Gentleman, although hee can auaunce him

Ingratitude or vnkyndneſſe called Churliſhnes.

Luke xxii. Math. xxvi. The treaſon of Judas that moſt ingrateful villayne, his example to all churles

Gratitude of dum beaſtes.

Both god and Nature do abhor ingratefulnes.

ſelfe

ſelfe of a petigree infinite, and boaſt neuer ſo mutche of his byrth, and is a Gentleman borne in deede. If he be infected with ingratitude, hee is degenerated from his ryght kynd: and is become a counterfet gentleman, & a natural churle, of the right line of Nabel the carle, which abuſed the gentleneſs of Dauid, whoſe wrath was quenched through the beauty, lamentacion, and liberality of Abigael his wife.

To know a very Gentleman.

The ſhamfull ingratitude of Theſeus the ſon of Ageus, kīg of Athēs

Who can forget or remember without teares, the Traiterous ingratitude of Theſeus, the Soune of Ageus, the king of Athenes, which was a luſtye, beautifull and valiante knighte: wantinge no gifte nor grace, that nature might do vnto him? He excelled all men in his dayes, in manlye actes, ſauing Hercules: he ſleu a terrible cruel Bull in Attica in his youg yeares. And when he was xviiii. years old, by lotte, and deſteny of the people of Athenes, he was appoynted and condempned, to be caſt vnto a horrible Monſter, in the Labyrinth of Creete: which monſter had deuoured many thouſandes before, his foode was onely the fleſhe of Mankynde, hee cryed and roared out for his pray. This guiltleſſe knighte was incloſed in a dungeon harde by, voyde of all comforte, bewaylinge his faſtall deſteny: thus to be cut of in his youthful dayes, beyng a kinges ſonne. Nowe voyde of all frendſhip, helpleſſe, hauinge no ſuccoure, crying out agaynſte the Goddes: Curſing the day of his birth, that he receyued his lyfe within the body of his mother beyng a noble Queene, ſhould eftſones now be buried within the infernal bowels of this horrible monſter: voyd of all mercy deadly to behold with venemous Teeth, and flaming eyen, pouring forth poyſon at his Mouth, with moſt noyſome ayre and ſtynke, and his infernal kenel. Thus death approched neare vnto Theſeus: which grieued him, nothing ſo much: as to remember the pleaſaunt lyfe which hee ſometime had, acompanying ỹ amorous ladies, which wer ful of al courtly courteſye, and the worthy knightes, among whom he alwayes atchieued euer the victory: yea his Muſicke was tourned into mourninge, and his libertye that ſomtyme he had in the ſweete Woods & Fields. Was now chaūged into a little darke Dungeon, for there is no greater aduerſity, then in miſerye to remember proſperitye. But Ladye fortune ſmiled vppon Theſeus, and opened the Eare of kynge Minos Daughter, called the Ladye Ariadne, and her ſyſter Phedra: which ſo pittyed Theſius, that with all ſpede priuilye ſente for the Porter of the Dungeon, not farre diſtaunte from the Labyrinth, whom with fayre woordes, they entreated to open the Priſon Dore and ſo entred in, beholdyng this lamentable knight: who moſt humbly kneled downe to Ariadne, commending himſelfe to bee her Graces bonde and thrall, durynge his lyfe. To this ende, that if it woulde pleaſe her Honor, to inuent ſome ſpedye waye to deliuer him frō thys deadlye Monſter. Ariadne then caſt her pittifull Eyes vppon thys lamentable Theſeus beynge ſecretlye wounded with the worthyneſſe of hys Perſon, Pittyinge his miſerable eſtate, ſayinge: it was more fitter that ſhee ſhould ſerue him as a Wyfe than behyrs as a thral beyng a kyngs

The Monſter of the Labyrinth.

The greate grefe and lamentacion of Theſeus whē he was in priſon.

The noble pitiful Lady Ariadne, did cōfort the miſerable Theſeus, & ſet him at liberty.

ſonne. And they concluded of the enterpryſe how to kil the Monſter: and afterward, ſhe, her ſyſter, and the Porter, al to bee imbarked in a barge for Theſeus ſake, and to flye her fathers land for feare of death. With all ſpede ſhe prepared balles of ware and hayre, that Theſeus myghte caſt into the Monſters mouth, to keepe him occuppyed, vntill with ſharpe weapon hee might kil his griſly courſe, or bring his monſtruous carcaſſe to the ground, which came to paſſe with al ſpede accordingly, within the ſecrete caue, or Labyrinth: from whence Theſeus came, by the guiding of a Clue of threde deliuered him by the hand of the Lady Ariadne, and ſo came ſecretly forth from the caue, and theſe tvvo with all ſpeede paſſed away, in the night tyme to a country called Ennyie, whereas they were ryghlye embarked, hauinge wynd and weather toward their iourney, vntil at length they came vnto an Iland in the middeſt of ſ raging ſeas, whereas no man did inhabite, but wyld beaſtes only. There he arryued with his wyfe and ſyſter, the Porter and Mariners, which after their long trauell vppon the Sea, were ſodenly beguyled with ſweete ſleapes vppon the land. After the which awaked Theſeus and ſecretly comaunded his Mariners to way their Ankers, and ſpread their ſayles without the ſound of whiſtel or other noyſe, for feare of waking Ariadne, whom he left ſleaping ſoūdly, among the ſwete flowers whom a litle before he had imbraced with folding armes. And ſecretly taking Phedra by the hand traiterouſly he toke his leaue with ſilence aborde they went, and away they ſailed. At the length Ariadne awaked, put vppe her hand aſyde, feeling her couch al could wher Theſeus lay: vp ſhe ſtart with a tremblyng harte, lamentable looke, and deadly cry running to the rockes of the ſea. When the ſhip was almoſt out of ſight, ſhe did hold vp hir hands to the heauens, and cryed out, bewayling her miſerable eſtate, thus to be left alone without any cauſe, forſaking her own fathers land, for the loue of Theſeus, which had forſaken her for her ſiſter. Then called ſhe to remembraunce, how he was by her deliuered from a Monſtruous beaſt and hee hadde lefte her in a Solitarye Iſlande, impriſoned with in the Sea, to liue amonge the wylde Beaſtes, moſte ingratefullye forſakynge her.

Ariadne fled away for Theſeus ſake, forſaking her fathers land.

The craftye treaſan of Caſte. Theſeus

Then Ariadne rent from her, her womanly apparel, making a wefte thereof vppon the end of a pole, ſtanding vpon the toppe of a Rocke, crying out Returne, returne, Theſeus againe, my deare Theſeus, take pitty vpon me. who loue thee moſt. And when ſhe was paſt all hope, ſhe kneled down and did kiſſe his foteſteppes, curſyng her ſleape, lying her downe in ỹ bed wher Theſeus lay bewailing her fatal deſteny. That he ſhould preferre the beauty of her ſyſter, before her vertues, and fynally forgetting her beneſytes. This lamentable ſtory ſhe did wryte in barkes of trees: but ſome do affyrme, her tongue was cut forth, & how ſhe wrought her miſery in a cloth, and thus finiſhed her woful lyfe.

The death of Ariadne.

Ouid doth tel this lamentable ſtorie at large, deſcribing vices ingratitude which among al other euils, is moſt intollerable, and the greateſt griefe to them, ỹ be of good natures. And nothing ſoner doth wound the hart, as when the child ſhall ſhew ingratitude to the father, the wyfe to ỹ husband, the

Ingratitude hath killed many a man.

the friend tourne to an ennemy. Theſe be ſuch griefes, that it paſſeth my poore pen to deſcrybe what paines they bring to the hart of a gentle minded man. Thus do I end of Ingratitude or churliſhnes, which hath enred many.

There is a paſſion of the mynd called a ſodayne Ioye, whiche is of ſuche force, that the hart caſteth from her the vital bloud, that oftentymes it cõmeth to paſſe, that for lacke of ſtrength and liuely power in the hart, the body is killed before the hart do cal back agayne the warme ſpirites, or blood of lyfe, as we may reade by example. De ſodain ioy.

There was a noble matrone of Rome, whiche when a falſe meſſenger tolde her that her ſonne was ſlayn in battell: ſhee paſt the tyme of mourning according vnto nature. But vppon a day, her ſonne yet beyng alyue, came vnto her, whoſe preſence moued her ſpirites to ſuch ſodayne ioy, that in his armes ſhe fel doune deade, and neuer reuiued agayne. Valerius Maximus Capite de morte non vulg. ſayth of a noble conſull of the Romaynes called M. Iuuentius Thal. as he was in a Temple doyng worſhip, and offring to his goddes, in the Ile called Corſica: letters wer ſent him from the whole Senate, which he brake vp, and reade theim. And was ſmitten wyth ſutch ſodayn ioy, paſſyng all meaſure: that or he had finiſhed the readyng, hee fell downe deade, in the preſence of all the people, before the Sacrifice in the Temple. Example of ſodayne ioy. Iuuentius the Conſul dyed ſodaynly for ioy.

Who can forget the noble olde learned Diagoras Rhodius, when in hys preſence, his thre valiaunt Sonnes, preuailed in the victory of worthy knighthoode, aboue all other men, and were crowned wyth the Garlands of honour, with the prayſe of all the multitude, at the hyll Olympus? Theſe noble young men came, and caſt theyr crownes wyth flowers vppon theyr Fathers head: who for ſodayne ioy, gaue vp the Soule, and dyed in theyr armes. Thys was a ſweete pleaſaunt death, of noble Diagoras. Reade thys storye, Cicero lib. i Queſti. Tuſcul. whych ſayth, Diagoras had but two ſonnes. But A Gellius ſayth he had three ſonnes. Diagoras Rhodius did enioye the byrth of lyfe for ſodayn ioy. A pleaſaunt death.

Some doe dye wyth extreeme laughing, as dyd the Poete Philemon, ſayeth (Valerius Maximus) when he ſatte at Dynner, when an Aſſe came ſtalkyng to the Table, and with his ſweete face, ſtretched forth hys Neck, wagging hys eares. The Poete beholdyng his auncient Countenaunce, and hys ſadde comely grace: began to ſmyle at this ſoutiſh beaſt, or foolyſh Aſſe. But when the Aſſe, lycked a Frygge from the Table, hee dyd eate it ſo manerly, wrything, and mouing wyth his Lippes: that the Poete thereat ſo conceited, was ſmitten into an inceſſable laughing, vntill death did end his paſtime. Againe there be, which haue bin ſmitten wt ſutch inward ioy, that they haue ſodainely dyed thereof, when they haue done a miſchief in bloudſhedyng, vengeaunce, or cruell murther, as manye Tyraunts haue, Example of the Tiraunts Sophocles, and Dioniſius, as affirmeth Plinius ſecundus lib vij. cap. liij. In which chapiter, you may read of many ſodain deathes, moſt fearful to be heard. Thus many for gladnes of the deſtruction of their enemies, haue quickly died a iuſt reward, to rid the world of Tiraunts, which haue died in ſo helliſh, and enuious infernal zeale, reioycing in taking vengeaunce. Philemon the Poet dyed laughing at an Aſſe. Some do reioyce ſo much in vengeauce, that they haue dyed for gladneſs.

Some do kil themselues whē they haue spoyled their goods, fallen into det: or ris become murderers and traitours.

Also there is an other passion very feareful to mankind. As when lusty wealthy people, haue spent, spoiled, and prodigally consumed their goods: then looke they behynd them, and call to remembraunce their ire pleasaunte dayes, their honour, riches & great possessions. And when their old freindes forsake theym, when wealth doth flye theym, and misery take holde of them, then eftsones for lacke of magnanimity, despayre doth imbrace thē As by example, it did to M. Otho, a noble young man which prodigally cōsumed among the lusty gentlemen and Ladies of the Romaines, an infinite substaunce, and when he had runne beyond his race, he thought ther was no way to be his relefe, but to kil his mayster the emperoure Galba, and through his riches to pay his debtes. But when he missed his purpose of riches, although he was Emperour, he became like vnto a noble Shippe, whose Mariners had cast out al the ballis, ouerwhelmed the barke of their

The death of Otho for care.

sauegard among the feareful streames & rough rockes: In such case was Otho, who to redeeme honour and liberty, sought to kil his mayster Galba the Emperour, which he so dyd and was Emperoure for fewe Dayes. But to conclude in fyne for lacke of wealth, to furnish his pompe and grace, to guyde himselfe in meane, with sharpe dagger he persed his careful hart & let forth the spirites of lyfe. Loke further in Sueton of his lyfe. This Man lacked the worthy magnanimity, of some worthy kynges, when they were

The wisedom of Deonisethe tyraunt in aduersity.

expulsed and banished from their Landes and honoures, as Dionisius the tyraunt, who beyng a king and for his great cruelty and sheadynge of the giltles blood, was deposed from his croune and honour, and banished like a vacabond from his landes and people. What, did he cry out, wepe, or dispayre lyke a beast, & hang himselfe? No forsoth not at al. What then? Mary with a lusty manly courage he defyed the spighte of Fortune, and forth hee

The king of Boem, what he did in the tyme of pouerty.

went to Athens, wheras he became a poze Scholemayster, teaching yong childzen goodlye letters both in the Greeke and Latin, and lined quietly. Reade Tully of him. Suadocopus the king of Bohem, when his land and cities were subdued through Arnophus the Emperour: he kylled not himselfe, but did chaunge his princely apparel and put on the habite of an Hermite, and accompanied with two solitary men, wente into a wildernesse, whereas he continued stil vntill his death: quyetlye seruinge God, imbracinge the Crosse of Pouertye, as a pleasure to bee rydde from a wicked worlde.

Valerius the Emperours misery to Sopozes the Persian king.

Valerius of whom Eutropius wryteth, beinge a noble Emperoure, makinge warre agaynst Mesopotamia: hee was ouerome by Sopozes the kyng of Persia, and euerye tyme the sayde Sopozes didde take his Horse, Valerius did lye downe prostrate, and was his fote stole, all his lyfe: yet wouldе hee not kill hymselfe for care, as manye miserable Men haue done, when they haue spent their tyme most prodigallye consuming theire landes treasure, & riches, without honour in abhominacion, wasting theyr welth vainglorioullye, foolishly, and most beastlye amongest a great Nomber of Parasites, Baudes, Curtisaines, knaues, and common Whores.

In fine

In fyne, when they haue gotten the hatred of good People, which moſte do abhorre wickednes, then they runne vnto their owne conſcience, whych moſt doeth feare them. Then for lacke of grace and magnanimitie, they flie into the dungeon of deſperacion, led thither, through feare and ſhame, not foreſeeing their preſent payne, and endleſſe Tormentes in the Life to come. Forthwith in a maze they drowne, hange, ſticke, poyſone, and burne themſelues, and breake their owne Neckes, as did Nero the Emperour, who ſlue hymſelfe, wyth his owne Knife, when he was .xxxii. yere olde. Reade Pontanus de ſtellis, lib. xxxv. and Eutropius of hys death.

The end of men in deſperacion.

The ende of Sardanapalus.

Did not Sardanapalus, the laſt Emperour of the Aſſirians, which was more effeminate than a Woman, and more Lecherous than a Beaſt, wyth all hys Pompe, willingly burne hymſelfe in Fyre? Of hys Death read Sabelicus. Deocleſian, the perſecutour of Chriſtes Church, dyd poyſon hymſelf. Judas the traitour hanged himſelf. Brutus, which was one of them that gaue Ceſar the .xxiiii. deadly Woundes, whereof he dyed in the Senate, when as he was ſlayne by Treaſon: in the ende kylled hymſelfe in deſpaire, with his owne Sweard, and his wyfe Porcia hearyng thereof, ſtrangled her ſelfe wyth eatyng of coales. Reade thereof in Plutarcus. Some do kyll thēſelues for ſhame, as Lucretia dyd, whych was violated by Tarquine the proude, the laſt kyng of the Romaynes. Other ſome, rather than they would make their Bodyes vnchaſt, and beguyle their huſbandes: haue ſlayne themſelues, as dyd Saphronia a Noble Woman of Rome, to be rid from the temptacion of Decius a Prynce of the Romaynes. But few womē now a dayes, wil take the matter ſo vnkyndly, or put themſelues in ſutch Daunger, I warrant you. Of this Woman reade in Euſebius. Other many haue had ſutch Torment of conſcience, or elſ ſutch weakenes of the ſpirites, that haue drowned them ſelues: as dyd Sergeant Hailes of Kent, whych was a wel learned Gentleman in the Lawes of this Realme, & finally, was ouerthrowne in the Battayle of Antichryſt. Many Examples of Deſperacion, I coulde bryng in, of the moſt fearefull Deathes of Men and Women, aſwell in this our age, as from old. But theſe ſhall ſuffyce for our Examples, what euils doe come through theſe Paſſions of the Mynde, and perturbacions of the ſpirites, whych bryng e men to deſpayre, and then to Death, and finallye to dampnacion.

Deocleſian ſlue himſelfe.

The death of Judas.

The death of Brutus.

Lucretius.

Saphronia

Sergeane Hayles of Kent.

For they whych kyll themſelues, doe loſe theyr hope in GOD, becauſe that they ſynne agaynſt theyr owne Soules, and dye in Murther: for it is wrytten. Thou ſhalt not kyll. And God doeth abhorre the Bloud thurſtie, and no man ought for to dye, but by the iudgement of the Lawe of Nature: that is, when he can no longer lyue: beyng preuented by ſickeneſſe, Age, or elſ valyauntly to dye in the defence of his Countrey, the gates of Heauen bee not ſhutte agaynſt ſutch no nor agaynſt them whych bee hanged, and ſuffer condempnacion for theyr Offences, by the Lawes of Men, if they doe dye in the Chriſtian Fayth, and not lyke to deſperate Ruffians. But who ſo kylleth hymſelfe, there is no hope leſte, but the Gates of Hell ſhall receyue hym: becauſe he lacketh fayth in the tyme of trouble, and pacyence in aduerſity. As Saule did whych ſlue hymſelfe.

To die in deſperacion, is to renounce ſaluacion.

But

Example of Saul, which died in desperacion.

But Ezechias, when he heard tel he should dye, & the day of death appointed him: he dispayred not, but humbly made his prayers vnto God, which prolonged his dayes. And seing that God hath put the soule within the Body, of reason it is he, that must let it forth againe. For what seruaunt is he that dare take his maisters treasures from his Chest: without hee haue his key or other his lawful warrant? what souldier dare bee so bolde to goe out of raye, before the captayne commaunde him? And who dare kill himselfe before it please almighty God to take him? None but they whiche will refuse to dye honestly, who in their liues, haue neither beue faythful, nor fruitefull, patient, nor pittiful. Or haue bene subiect to any singuler heauenlye vertue,

Example against desperacion.

The pacience of Job. Cha. i. ii. iii.

And his wiues wickednesse.

Job, in all his troubles, when his goods and Chattel were destroyed, and his own natural children slain, his body sore deformed, yea and for agonie did curse the day of his nativity: yet finally, his greatest plague was, the ingratitude and malice of his owne wyfe, who most wickedlye gaue him counsayle to curse God, despayre, and dye: For all this he killed not himselfe, but pacientlye reserued his plagues sayinge. The Lord hath geuen me, and he hath taken awaye, his will bee done. And in the end, you may read what consolacion he receiued at the hands of almighty God: a vnto this marke let all Christian menne flie. Like as in Adam we be al dead, so in Christ we do all liue. Furthermore we haue no plagues that fal vpon vs. what trouble soeuer it be, eyther of the body or the soule: but Adame was the cause, whose children we be, whose plagues we suffer: as misery of mynd, bōdage, sickneſſe, pouerty. &c. Euen so on the other syde, there is no consolation, or quietnesse of mynd, pacience, iope, or long suffring, or any other giftes of nature, or Grace: And finally life euerlasting, but al do spring through Christ, who is the beginning, the ende, and the reward of al good thinges. And for as much as we be all imbraced with miseryes, and infinite afflictions, and daily cares mouing vs to be weary of this world, and that we haue no dwelling place of continuance here on earth: Let vs humbly obey the commaundements of God, which are for our owne profites, that is to saye, to hope, trust, and loke for helpe at his hande, as the Woman of Canane did, which came to Christ in the tyme of hir trouble, hoping in him, neither killing hir selfe neither her daughter. The fruites of her fayth and hope, was quietnesse of conscience, and health of Bodye. And why so? Because shee came to Christ in the tyme of hir trouble, for not onlye by hir, but by all the holy Scriptures, we be taught to goe to christ in the tyme of trouble. For there is a promise made, cal vpon me in the day of trouble, and I will heare thee, helpe, and deliuer thee. Also there is another promise of God, saying: if we dye with Christ, we shal liue with him. If we be pacient, we shal also rayne with him for euer. Now this we see to dy with Christ, is not to dispayre, or to be more impacient then wyld beastes, whiche in most of their rages will not kyll them selues. But to conclude, for all infirmitye of the Body, let vs seeke the comfort of Gods meanes, whych is the Physicion: and for the griefes of Mynde, imbrace the heauenly Phisicke, contayned in Goddes woorde, whych is the principall Regiment.

1. Cor. xv.

Adam began our plagues.

Christ giueth all comfort.

Who must help vs in the tyme of trouble.

The best regiment of life.

And

And furder for a meane betweene them both, that each of vs doe walke in such callyng in this lyfe: that we may be necessarye members, one vnto an other, in the common wealth, to profit each other, and hurt no body. To trauayle for the fruites of the earth, or any other riches, gotten by honest pollicy, and after to spend them accordingly. By prouiding for our selues against the tyme of aduersity. To obey rulers, & pitty the poze, to do as we would be done vnto. To despyse a wicked lyfe, and feare no kynde of trouble, that it shall please god to lay vpon vs. This is the summe of Christen religion, of a honest lyfe, and of a happy end.

Sicknes.

These perturbations of the mynde are wonderous fearful, God deliuerer vs al from such infernal plagues, from hencefoꝛth. Nowe I thanke you, that you haue shewed me them, euen as I haue felt the Furder by good examples. you haue wel persuaded me, and finallye with good consolation, you haue healed my woundes of careful miserye. But when al our Phisical remedies wil not helpe, good mayster Health, I pray you seyng that death is ẏ end of our mortal race, and finisher of life, teach me the signes and tokens of ẏ most Monstruous fearful Death, and how I might know them. Wherby I might not vaynly trust in this life: which is but lent for a tyme.

Health.

After the day, followeth the nyght, and after lyfe, approcheth moste fearful death: the end of all things, and these haue their tokens and signes before them. As when the daye passe thawaye, it is manifest to euery creature: the Sonne withdrawyth his excellent Lyghte drawing vnto his beames from vs. Hiding himself, or through his swifte course in his circle. The darke vnmoueable earth doth take from oure eyes the benefits of his bryghtnes: & eftsones it is called no more day, but night and the time of silence or darknes. Euen so, when the spirites of life, haue worne their vesselles, or instruments: or when the grosse humour of Melancholie, or earthly complexion. wither treame cold, haue conuinced, quenched, and wyth force ouercome the warme moystnesse, and Vitall liuely well spryng of the bloud, the fountayne of Lyfe. Then the body & soule ware weary of eche other, or when they fall to deuision, or begin to be at debate within them selues, then they neuer cease, but till they doe come to vtter dissolucion. For thyngs with them selues, beyng at debate, shall quyckly be desolued, whether it be a publyke wealth, or a priuate Body. And all for the want of Unitye. As example: when there is good agreement, that is perfecte temperament, in the fower Complexions: then the Body, standeth in good case. But when one Humour doth greatly abound his three fellowes, gettyng the Victorie. then for lacke of Unitye, or agreement among them selues: the whole Body is in daunger to giue place to one,

The cause of the night.

What hath mischiefe doth chaunce to the whole body for want of vnity.

to one & yeld to death As example If choller get the preheminence, then he wil put his three fellowes to the walles: he bringeth in agaynst himself, and then also Jaundice, Tercians, red Lepzie, Frensye, headach, Pleuresye &c. When flegme getteth the rule, then dzopsy with a swollen bellye, Face and Legges. &c. doth geue the onset agaynst nature. Euen so in the cold melancholy, Consūption, quarten &c. when it beareth the rule. All these haue their proper tokens and signes going before them and their effectes are death, when they doe extreamlye rule, vnlesse they throughe the wisedome of the learned be helped. But if they doe meanly abounde, it is not mutch amisse: as if choler do somwhat exceede in dzynes and heate, then the coldnes and moister of Flegme, wil pacifye her, and bringe her agayne to her good estate. If Melancholy through coldnes, and dzynesse do harme, the blood with his warmenes and moystnesse: wil reduce, and call hir backe from killing the body, and thus one neighbour wil naturally helpe another And whē they wil not accord, or gree in vnity, than purgations. &c. are prepared to helpe the weaker, & expulse the vsurper within the common wealth of the body which is the mansion of the Soule. or spirites of lyfe after the Philosopher. And as for the most principal humour, or bloud in Sanguine persons, when it beginneth to corrupt, or the body at point of daunger, these sygnes wil come togeather.

When the complexions doe want vnity, then the body cannot long cōtinue alyue.

Signes of sicknes of Blood.

Slowneſſe.
Idleneſſe.
Dulneſſe.
Yauning or gaping.
Stretching forth the armes and legges.
No delight or pleasure.
Sweete Spattel mingled with bitternesse.
Much heauy sleape, with dreams of red colour, or beeing burdens great and heauy.
Perturbacion of the senses.
Red grosse vrine stinking.
Little appetite or none to meate.
Red face with much sweate,
Of these signes come stinking feuers, Pestilence, Squinaunce, bloody flixe, &c.

Signes of ỹ sicknes of choler.

Yellow colour in the skin.
Bitternes in the mouth.
Vrking in the mouth of the stomacke.
Heate aboue nature.
Lothsomnesse to meate.
Lamentacion or great griefe of mynde.
Dzinesse coueting dzinke of sondzy kyndes.
Vomittes of yellow and greene.

Small

Signes of the sickness of choler

Small or no sleape, but fearful fyery dreames of fyre. &c
Yellowe vryne, little residence, & much yellow fome.
Of these signes come Jaundice, Tercians, Pleurisies, madnes. Collickes &c.

The signes of sicknesses of melancholy.

Pale colour in the face,
Sowernes in the mouth.
Belching of wynd.
Little sleape, yet horrible and infernal dreames.
Much thought, pensiuenes, and care.
A desperat mynde.
More leaner, then before in the body.
Straightnes in the stomacke.
Elusshnes, of countenaunce, and taunting in woordes.
Coldnesse, starting, and fearful.
Whyte, thin vryne.
Of these come Quartens, Morphew, Lepzie, Cãker, madnes, hardnesse of the Spleene. &c.

The signes of the sickness of Flegme.

Sluggishnes, and dulnes of memory.
Forgetfulnesse.
Much spittyng.
Much sleepe.
Paynes in the head, specially in the hinder part.
Swelling in the face and cheekes.
Euil digestion.
Whyte dropsy lyke in coloure.
Pacience with doltishnes, lacking liuely quicknes.
Dreaming or going naked, drowning or of Snow
Of these come Quotidians, Dropsyes, Palsey, fallynge sickness. &c.

And to helpe all these, there are singuler good medicins: both in the Simples, and chiefly in the compoundes. But yet brother Sickness note Hippocrates. the wel and chiefe tree, from whence the good order of Phisicke first did spring, which is a general text. Vppon whose woordes. C. Galen. &c. doth comment and wryte at large, his great workes. He wrote one small worke also called ỹ Aphorismes, wherin is great knowledge. But to our purpose For this place of signes dedly mark what hee saith in som of those Apho & Præno.

Whosoeuer beyng an healthful body, is sodaynly payned, and quickly after hath lost his voyce, and starteth withal: he shal dye within seauen daies, nexte folowing after. It is not only through the inflamacion of the Spirites but also by the vniuersal matter, drawen into the brayn, from the stomack. &c

Quicunque sani dolore capitis repente. &c. Apho Hyppo.

If one be amased, & fal into idle talk of ỹ prick into the head, it is deadly.

Ex capitis ictu &c. Aphori. vj.

Conuulsion, shrinking, or cramp in the senewes, after a purgacion, is very perillous or deadly.

Conuulsio a veratro lethalis est Aphor.

A conuulsion after the taking of Elleborus, deadly.

A conuulſion after a wound, is deadly.

Conſiderare vero conuenit etiam oculorũ præno. Hipp. Capi. 4.

Who ſo is dreadfull or heauy in a Frenſie, the ſigne is deadly.

It behoueth the Phiſicion, to conſider the eyes of his Pacient, when hee ſleepeth: if there appeare any whyte thyng betweene the eye lidde. If hee haue had no lare, nor receiued any pocion to purge before: it is a ſigne very terrible, and preſent death.

To be deafe in a longe Feuer, if the body be weake: it is a token of death.

It is an euyll ſigne, when one hath a crampe, in bleedyng at hys Noſe. or els ſowneth wythall.

A ſtoppyng in the throate, or ſuffocacion fallyng to one whych hath a feuer, and a ſwellyng in the throate, is a perilous deadly token.

Who ſo in an Agewe, can neither tourne his Necke, nor ſwallow hys owne ſpattle, death is at hand.

Si ebrius. quiſpiam repente obmutuerit. Aphor pars. ii. vii.

If a drunkard do ſodainly loſe hys ſpeach, hee ſhall ſodaynly dye of a Crampe, or conuulſion: vnleſſe he fall into an Agew, or els receyue power to ſpeake agayne, when he hath digeſted the ſurfetie.

They whych be ſwelled in the backe, before they come to the age of. xii. yeares: if it chaunce of the ſhortneſſe of breath, or els a very ſtronge cough, ſhall ſone dye. and violent

A voluntarie lare, comming after apleuriſie, or the ſickenes of the lunges, is a deadly token.

Mulieri grauidę ſi mammæ. &c. Apho. pars. 3. x

Who ſo in the empty place in the ſtomacke, hath foule rotten matter, or els the dropſy: if they be eyther ſo cut, or burned, whereby all the water runneth forth, ſurely it is preſent death.

Inquibus mor. mente. &c. pho. pars. 31.

Who ſo hath his ſpattle ſtinking, when it is burnt vpon the coales, and alſo if his haire do eaſely fall from his head, it is a ſigne of death.

A lare or great cough, wyth ſpittyng filthy matter, is deadly,

Who ſo often times lare weakened, and loſe theyr ſtrength without ſome manyfeſt cauſe ſhall haue ſodaine death.

Quibus hepar aqua plenũ Apho. pars 3. 8

When a womans breaſtes doe deminiſh, beyng with Chyld: it ſignifieth the Chyld is dead.

Quibus in febribus morbus regius & Apho pars. 5. 35.

To be diſcontent in the tyme of ſickenes, when thynges are giuen in medicine, it is an euyll token, for the contrary is good.

In euery ſickenes, if Melancholy or blacke choller, bee eyther purged vpward, or downeward wythout medycine, it is both perillous, and deadly.

Who ſo euer bee Splenetike, and haue a bloudy flixe, if it longe continue: then they fall to the dropſy, or els theyr foode, ſhall paſſe through theyr guts, not digeſted: this is a deadly ſigne.

Who ſo euer haue their lyuer repleted, or filled full wyth water: and if the ſame water breake downeward to the belly, it is preſent dearth.

Who ſo in hoate Feuers, is taken with the yellow Jaundice, in the ſeuẽth ix. xi. or the. xiii. day, it is good: ſo that hys right ſide ware not hard: but if theſe dayes want, and the ſide ware hard, it is deadly.

A wound in the brayne, heart, diaphragma, or midriffe, ſmall Guts, ſtomack and liuer, is euer death.

If the yellow Jaundice come before the vii. day, it is perilous.

In lares, blacke ſtooles are euill: except purgacions cauſe them.

vnleſs caused by some med^ne or meate they haue eaten —

To haue any Melancholie stoole, in the beginning of any sickneſſe it is a signe deadly.

So is a bloudy flixe, begynning wyth a Melancholy sicknes, lyttle pieces of flesh, appearing in a bloudy flixe, is present death.

If a woman wyth Childe be sodainly taken wyth any grieuous sickness, it is a present death.

It is perilous for a woman wyth Chylde, to haue a great lare. Mulierē vtere gerentem, &c. Apho pars.3

A woman with Chyld, if she be lettē bloud, it kylleth her chyld: the neare the birth, the greater perill.

A woman hauing a Crampe or conuulsion in the temperate tyme of her fermes, is perilous.

He whych hath an ague, beyng taken with a conuulsion is in Daunger: who so hath a conuulsion before his feuer, is in no sutch perill.

Feuers, whych do not giue ouer the third day, are perilous. Of Feuers

In a long agewe, if the outward members are very cold, and the inward partes hoat and dry: death is at hand.

In a longe feuer, when the Lippes, Nose, or mouth, be drawen a wrie or disgraced: so that the pacyent can neither see or heare, and is in weakenesse, death at hand.

If any hauyng an Agewe, sweate in these dayes, it is good, if not, it is perilous. ii. v. vii. ix. xi. xiiii. xvii. xxi. xxvii. xxviii. Of Sweats

Who so hath the Pestilence, and bleedeth not before twelue Howers, or sleepeth eyght howers after bleeding: death is at hand.

Cold sweate wyth a sharpe Feuer, signifieth death.

If the face of a sicke man be chaunged from the healthfull estate, wyth a sharpe nose, hollow eyen, wrythen Temples, cold Eares, contracted in the extreame parts, lyke aleake when it is drye, hard skin in the foreheade, and dry, pale faced, little or no sleepe, bityng or trembyng of the Lippes. &c. The signes of death by the face.

These are signes of death, sayth Hippocra. in libro primo præno. capit. iij. beginnyng at Considerare porro hoc modo conuenit in morbis acutis. &c. The signes of death by the eyen.

If the pacyent can not abyde the lyght of Sunne, fyre, or Candle, but flie the same, or weepe inuoluntarily, wythout cause, or make one eye appeare lesser than the other, or goggle wyth them, lookyng mutch a squynte, except the eyes were so in health, or els haue the whytes tourned into bloudye red, or haue darcke or blacke small veines in them wyth vnstableneſſe, and concaue holownes, or open in the sleepe, wyth the neather Lippe hangyng downe, and the vpper Lyppe drawen vp. &c. Surely death is at hand, Hippo. prono.

Feele also the Pacient when he lyeth in his Bed, his armes, sides, Necke, breast, and Legges, whyther the partes be payned, or flexible, or haue loste they strength, and are styffe, if he lie vpward: except it were his old custome, and shrynke to the beddes feete, wyth casting abroade the handes and feete, sleepyng wyth a wyde-open mouth, and couet to lye naked, death, death, and the graue are at hand. Hippocra. prono. The signes of death by lyeng in the bed

If the Pacyent lye in hys sickeneſſe, vppon his belly, except custome moue it, and so doe sleepe: it signifyeth a great sickeneſſe in the Breast, or

Signes of death by the teeth.

belly. Or els to be mad, and lose hys wittes, through the malignitie of the spirites: and to sitte vppon their buttockes in their sickenesse, of a sharpe sickenes, it signifyeth the perill of death, or great inflamacion in ỹ lunges. As Hippocrates sayth in the Præ. Capi. vij. at in ventrem decumbere. &c.

Signes deadly by wounds.

To gnash or grinde the teeth in Feuers, is eyther a great veracion of the minde, or madnesse at hand, or els death: For it is an affection of the Sinewes Notwithstanding young chyldren, tormented wyth Wormes are not in thys perill alwayes, when they do gnash the Teeth.

Signes deadly by the handes.

In a stroke of a deepe wound, when conuulsion followeth: and no matter, or corruption commeth to the wound sone after, if the body be pale and swarte in colour, and dry wyth weakenes of digestion, death approcheth. And this affyrmeth Hippocra. de signis ex vlcere. Cap. viii.

Signes deadly by the breath.

Who so in a sharpe Feuer, sickenesse of the Lunges, frensie, or paynes of the head, doth wyp the hand to his Nose or face, as though he would kill Flees or Flies, or knyt a knotte, or brush hys clothes, or els pull vp Rushes this is a present signe of death, sayth Hippocra. lib. primo. præ Capi. ix. de gestaculo manuum.

Signes deadly by sweate.

Shortnesse of breath, and of lytle force, doth signify great dolour inflamacion and madnesse, commeth of great breathyng, like a Bull, or a wild beast. Cold breath, wyth the coldnesse of the nose and mouth, Death draweth neare, wyth fare well vain World, wyth flesh, and bloud: Reade Hippocrates præ. vbi inquit, spiritus densus dolorem significat. &c.

Signes deadly by swellig.

Sweates are best in sharpe Feuers, in the dayes of theyr decrees, or iudgments: but the contrary are perillous. As when sweate is cold, specially in a sharpe feuer, death approcheth: for cold sweate, commeth from grosse matter, without the spirites of liuely warmnes. But if it bee but a meane leuke warme sweate, called a faynte sweate: then it doeth signify a longe sicknesse.

Signes deadly by spattle.

If the breast be swelled with throbbyng, beating, or trouble in the breast, or the vpper part of the same: and therewith vnstable, fearefull eyen bitter madnesse, or death doe approch. But bleedyng at the nose wyll helpe it, specially in younge persones: but hardnesse in those partes, dolour, and swelyng, is death.

Spattle when one spyttes, beyng whyte, lyght, and sweetish, not varyable in colour, and also very easy drawne forth, is good: but if it be sweatye filth wyth matter, or blacke and stinkyng, wyth yelownes, greenenesse, or blacknes. &c. Filth which is called pus a putredine, there is peril of death, And that which is good, is of the benefite of the bloud: and goodnes of digestion, and the goodnes of flegme and bloud.

It is perilous, not to neese, in the time of sickenesse: but to neese vehemētly, is perilous also.

Water, as Dropsy betweene the skyn, and the flesh, commyng of a sharpe Feuer, is euer perilous and euill in this case: when the nayles appeare darke and pale, and the priuy members and stones doe swell, it is a great token of death. Reade of thys, Hippocrates in libro secundo præno. De aqua inter cutem,

Who

Who ſo doth wake long, and can not ſleape, eather a great ſickneſs doth approach, or els madnes, through an inflamatiō. Who ſo breaketh his ſleap of his common cuſtome, and falleth into much waking in the night, this is an euil ſygne, and goeth before a perilous euil.

In al ſickneſſes hardneſſe of the beallye, or coſtifneſſe, bile ſtinke, blacke ſtooles, or bloudy fluxes, are very perilous, but breaking of wynde downward, at the ſtoole is good

To vomit whyte flegme, not very groſſe or yellow, is good, but muddye darke or blacke, it is perillous. But to vomit ſondrye coloures of ech ſorte it is moſt perillous and deadly.

To bee vnnatural dry, with a Feuer hedach, ſhortnes of breath, muche ſweete ſpattle, high coloured, great veynes, prickinge in the ſyde, it is ẏ ſygnes of ẏ perilous pleureſy, & death, except digeſtiō & blood letting. Of blood letting I haue ſpoken in place, & thus I do end becauſe tyme is ſo paſſed or els I would haue ſpoken more of the Criſes, or iudgement, and of pulſe, and vryne with a regiment agaynſt the ſweate and the fearful plague called Peſtilence: which I pray God deliuer vs from. I pray thee take all my talke in good parte: and thus I commend thee to the liuing god, that hath made both heauen and earth, to helpe and preſerue thee with his healthful medicines, and good defence agaynſt all ſickneſſe, ſorꝛoweſſe, and woundes, contayned within my little Bulwarke.

Sicknes.

I Moſt hartely thanke thee, gentle Health, God bringit ſo to paſſe: and graunt vs after this lyfe, a bleſſed eſtate euerlaſtinge whereas is no miſery and wretchednes. But happineſſe and perpetual bleſſednes, w Chriſt our God. Amen.

The ende of the Dialogue, betweene Health and Sicknes: By william Bulleyn, Marcij Anno ſalutis .1562.

Though our giftes bee neuer ſo ſmall,
Yet let vs geue thankes to God for all.
And who of talentes hath great ſtore,
Their accomptes to god ſhal be the more.

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